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THE VAULTING HORSE AND HOW  
TO USE IT.



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# THE VAULTING HORSE

## AND HOW TO USE IT.

FOR ABSOLUTE BEGINNERS WHO WISH TO  
TEACH THEMSELVES, AND FOR THE USE OF  
TEACHERS AND INSTRUCTORS IN SCHOOLS,  
. . . COLLEGES, INSTITUTIONS, Etc. . . .

### PART I.—ELEMENTARY.

COMPILED AND ARRANGED BY  
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National Physical Recreation Society,  
German Gymnastic Society, London, &c.*

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## PREFACE.

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26 May 09 E.S.S.

This book has been compiled at the earnest request of many pupils and teachers of gymnastics to show how to work on the Vaulting Horse from the very beginning. At the present moment no such book exists in English—Jenkin's masterly work and Puritz's splendid cataloguing of exercises being only of real value to those who already have some knowledge of the subject.

The object has been to select those exercises, and those only, which will progressively teach anyone how to become familiar with the vaults, circles with one leg, feints (single) and shears from a cross position.

The book has been divided into three parts :

Part I. includes vaults, simple circles, feints, shears and exercises in pairs on the horse placed sideways.

Part II. comprises kneeling and squatting movements, and the exercises leading up to rear, flank, front and screw vaults on the horse placed lengthways.

Part III. gives a series of twenty progressive exercises, showing how the previous movements may be combined.

The words of command have been made as clear and the descriptions as concise as possible.

## PREFACE

Each exercise has an explanatory title and the number of movements belonging to the exercise is stated.

The illustrations are from instantaneous photographs taken without the help of any artificial supports, and my most sincere thanks are due to Captain Hubert Larchin, Dr. J. A. Howard, Mr. J. G. Dean, and Mr. T. Chesterton, for the infinite pains taken in securing them.

GUY M. CAMPBELL.

Royal Normal College,  
Upper Norwood, S.E.  
January, 1906.



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# THE VAULTING HORSE

AND HOW TO USE IT.



## PART I.



SIDE HORSE, OR HORSE PLACED  
SIDEWAYS.



### EXPLANATORY NOTES.

NAMES OF PARTS OF HORSE, POSITIONS, ETC.

The portion of the horse between the curved handles, or pommels, is called the Saddle, "S." The left hand pommel is the Neck Pommel, "NP," and the left hand end of the horse is the Neck, "N." The right hand pommel is the Croup Pommel, "CP," and the right hand end of the horse the Croup, "C." The small boards, "BB," are called Beating Boards. It is an unwritten law that the Neck is always at the left hand of the performer when he is facing the Saddle. When standing thus it will be noticed that the line through the performer's shoulders is parallel to the length of the horse, and all positions in which such a

relation is maintained are described as SIDE POSITIONS, while the horse itself is called SIDE HORSE, or HORSE SIDEWAYS. Positions in which the line through the shoulders is at right angles to the length of the horse, are called CROSS POSITIONS. The side of the horse at which the Beating Board stands is called NEAR SIDE, and the side farthest away from the board OFF SIDE.

### DIMENSIONS OF HORSE.

A Vaulting Horse should have a total length of about 6 feet, the distance between the pommels should be  $17\frac{1}{2}$  inches, the height of the pommels above the saddle about  $4\frac{3}{4}$  inches, and the circumference of the pommel about  $4\frac{1}{2}$  inches. The pommels should be

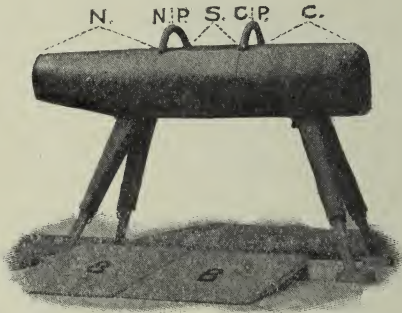


FIG. 1.—VAULTING HORSE.

removable, and the legs adjustable, so that the horse can be raised and lowered.

### HEIGHT OF HORSE.

The top of the saddle should be about the level of the performer's chest when standing on the Beating Board.

## COMMENCEMENT OF EXERCISES.

Exercises are begun "without" or "with" a run.

"Without a run," walk on to the board and grasp the pommels with the hands, backs outwards, *i.e.*, pike grasp (unless otherwise specified), in such a way that the palms of the hands are slightly beyond the centre of the pommels, towards the "off side" of the horse; the arms being comfortably straight, and the body in the military position of "Attention," *i.e.*, heels closed, legs

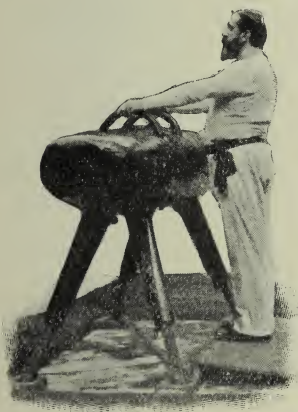


FIG. 2.—  
READY.



FIG. 3.—  
HALF SQUAT OR HALF KNEE BEND.

straight, chest forward, head up, the ears, shoulders, hips, knees, and ankles being in the same straight line, while the eyes must always be directed towards something slightly higher than their own level. This holding of the head up, and looking slightly up, is one of the most essential points in style, and style is one of the things the tyro can start with from the beginning.

"With a run," face the horse, and start running from a point about five yards away; reach the Beating

Board in such a manner that a spring is made from one foot from the ground to both feet on the board, with an immediate jump from the two feet, and grasping of the pommels with the hands ready to continue whatever movement is desired.

This position of standing at "Attention," with the hands grasping the pommels, we shall call the "Ready Position," or "Ready." (Fig. 2, p. 3.)

From the "Ready" every exercise must start with a spring in order to reach a position from which to commence a desired movement. The preparation for this spring is most important. The knees must be bent until the position of Fig. 3, known as a "Half squat," or "Half knee bend," is reached, the body being held perfectly upright, and the heels raised but touching, with the weight of the body exactly over the balls of the feet.

#### COMPLETION OF EXERCISES.

Every exercise must also finish in the "Half Squat" position, a slight pause be made, then the legs be straightened to "Attention," the hands dropped to the sides, another slight pause, then walk away.

It must be carefully borne in mind to properly dispose of the arms when alighting. The following three rules must be strictly adhered to :

- (a) When an exercise is finished with the back to the horse you alight in the "Half Squat" proper." (Fig. 4a.)
- (b) When finishing with one side next to the horse, the hand of that side remains on the horse. (Fig. 4b.)
- (c) When finishing facing the horse, both hands remain on the horse, as in "Ready" (Fig. 3).

When finishing as in (b) (c) the legs must be straightened and the heels lowered to the ground before the hand or hands are brought to "Attention."

The hands are, as a rule, the last things to leave the apparatus. This is to prevent staggering when alighting, a very common fault with all beginners.

It is essential to practise this alighting in proper "Half Squat," until that position has become second nature, and can be done mechanically without having to be thought about. As this finish has to be executed in exactly the same way in alighting from nearly every other piece of gymnastic apparatus to be found in a gymnasium, it will readily be seen we have not exaggerated its importance.



FIG. 4a —

WITH BACK TO HORSE.



FIG. 4b.—

ALIGHTING.

WITH LEFT SIDE NEXT TO HORSE.

### RHYTHM.

The rate of speed at which the different movements of an exercise follow each other is about that of an ordinary slow march. Whenever possible the movements should follow continuously and smoothly; if, however, a pause is required in an exercise, then that pause should be distinctly shown. Quick movements, such as vaults, should, however, be done as vigorously and decisively as possible.



## HINTS TO TEACHERS.

## DEMONSTRATION.

Whenever possible, the teacher should not only give the title of the exercise and explain what movements go to each word of command, but set the exercise. Personal and careful demonstrating of exercises by the teacher is of the utmost value to pupils in the earlier stages, as style is much more easily impressed upon the mind by ocular demonstration than verbal explanation.

## ASSISTANCE.

Confidence will be imparted to beginners, who are nearly always timid and nervous, if they feel they can rely upon their teacher for safe assistance.

The general rule is for the teacher to hold the upper arm of the pupil's supporting arm, *i.e.*, the arm which bears most of the pupil's weight.

With knee springs, the teacher should stand in front of the pupil at the "off side" of the horse and be ready to place the left hand on the pupil's chest as the spring is made. In the event of a stumble, not only should the left hand be placed on the chest, but the teacher be ready to grasp the pupil's left arm with his own right hand, and so secure a safe alighting. When pupils can do the knee springs with this help, the teacher should then stand a little further away and raise his own left arm, bent at right angles, to the height of his face; the pupil should be told to swing the arms sharply and jump for the teacher's fore-arm, the teacher, of course, stepping back out of the way if he sees the pupil will alight properly, but standing firm and letting his fore-arm act as a hand rail if there is any stumbling.

With straddle vaults the teacher should hold both upper arms of the pupil.



Remember in alighting, to keep the head and eyes up, this will greatly help in maintaining the balance. This position of alighting in the "Half Squat" with or without a hand or hands on the horse, prior to rising to attention, will be called "Ground."

### SUMMARY OF TERMS USED.

Grasps are positions in which the hands are placed on the pommels. There are two principal grasps—Pike Grasp, when, holding a pommel, the thumb and first finger of either or both hands are towards the "off side" of the horse; Twisted Grasp, when the thumb and first finger are towards the "near side." It is, of course, possible to have both hands in pike grasp on one pommel, or one hand twisted and one hand in pike grasp. These grasps are often incorrectly called "ordinary" and "reverse."

Turns are simultaneous movements of the head and body through portions of a circle, or a complete circle, around the central line of the body as an axis. Turns are symbolised by fractions, thus: — $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ ,  $\frac{4}{4}$ , and mean that the head and body must pass through that portion of a circle which is indicated.

Rests are positions in which the weight of the body is supported by both arms and both thighs, or one arm and one thigh. There are four Rests—Front Rest, Back Rest, Cross Rest Left, and Cross Rest Right.

Leaning Rests are positions in which the weight of the body is supported by both hands and the toes of both feet, both hands and both heels, or one hand and the side of one or both feet. There are four Leaning Rests—Front Leaning Rest, Rear Leaning Rest, Side Leaning Rest Left, and Side Leaning Rest Right.

Seats are positions in which the weight of the body is supported on one or both thighs, the hand or hands, though placed on the horse, supporting no weight. There are six Seats—Riding Seat, like the ordinary man's equestrian seat, but with the legs straight and the toes pointed downward, Cross Seat Left, Cross Seat Right, Side Seat on Both Thighs, Side Seat on Left Thigh, and Side Seat on Right Thigh.

Mounts are seats reached by means of some particular swing, and are useful for saving long words of command and much lengthy description. *E.g.*, "Front Mount to Riding Seat on Neck" is a short way of saying "With a swing of both legs to the left, carrying the left leg to the off side of the neck, making a quarter turn right of the body, and a transfer of the left hand to the neck pommel, come to riding seat on neck facing saddle." The Mounts used are Wolf, Flank, Front, Rear, Screw, Straddle, Fencing, and Thief.

Vaults are movements in which the body passes completely over the horse from ground to ground, or rest to ground, without the feet touching the horse. The Vaults are Squat, Quick Squat, Back Squat, Wolf, Flank, Front, Rear, Screw, Straddle, Sheep, Fencing, and Thief Vaults.

Half Circles or Circles are portions of a circle or a complete circle made with one or both legs. When moving in the same direction as the hands of a watch, looked at face up, the circles or portions of circles are right circles, contrariwise left.

Feints are three quarters of a circle with one leg, with quarter turn of body and the return, for the purpose of obtaining a swing.

## ABBREVIATIONS.

C	CROUP.	FLR	FRONT LEANING REST.
F	FRONT.	RLR	REAR LEANING REST.
H	HAND.	SLR	SIDE LEANING REST.
Hs	HANDS.	R	RIGHT.
K	KNEE.	S	SADDLE.
Ks	KNEES.	T	TURN.
L	LEFT.	SH	SHOULDER.
N	NECK.	SHS	SHOULDERS.
P	POMMEL.	V	VAULT.
Ps	POMMELS.		



## GROUP I.—EXERCISES IN REST, SEATS, SEAT CIRCLES.

### FOURTEEN EXERCISES.

#### 1.—*Spring to Front Rest three times.* *8 movements.*

*Ready.* See Fig. 2, p. 3.

*Rest.* Sink to a Half Squat, keeping the Hs on the Ps, then spring, quickly straighten the arms and legs, closing the feet, and support the weight of the body on the Hs and front of the thighs, legs straight and toes pointed, the back hollow, and the head up. (Fig. 5.)

*Ground.* See Fig. 3.

*Attention.* Repeat the above two movements successively twice. Rise to attention, releasing the Hs from the Ps, after the legs are straightened.

#### 2.—*Hand Placing while in Rest.* *12 movements.*

*Ready.* As in Exercise 1 (Fig. 2, p. 3.)

*Rest.* As in Exercise 1 (Fig. 5).

*Left Hand on Saddle*  
*—Place.* Place the LH on the S, palm flat, fingers straight and well to the off side, with thumb by the side of the first

finger, retaining in all other particulars the "Rest."

*Left Hand*            Replace the LH on NP.  
—*Recover.*

*Right Hand*        As above, but RH instead of L.  
*on Saddle—*  
*Place.*



FIG. 5.—REST.



FIG. 6.—CROSS SEAT ON R. THIGH

*Right Hand*        Replace RH on CP.  
—*Recover.*

*Left Hand*        Place the LH on N, fingers and thumb  
*on Neck—*        as when placed on the S.  
*Place.*

*Left Hand*        Replace the LH on NP.  
—*Recover.*

*Right Hand*        As above, but with the RH instead  
*on Croup—*        of L.  
*Place.*

*Right Hand*      Replace the RH on CP.  
*—Recover.*

*Ground.*          See Fig. 3.

*Attention.*      As before.

### 3.—*Cross Seat on Saddle by means of a $\frac{1}{4}$ Turn Left.* *6 movements.*

*Ready.*          As in Exercise 1.

*Rest.*            As in Exercise 1.

*Cross—Seat.*    Quickly make a  $\frac{1}{4}$  TL and sit on saddle on R thigh, R knee bent, L leg straight, L arm by side of L leg, RH on NP, head up. (Fig. 6.)

*Rest.*            Place the LH on NP, RH on CP, and with a  $\frac{1}{4}$  TR resume the position of "Rest."

*Ground.*          See Fig. 3.

*Attention.*      As before.

### 4.—*Cross Seat on Saddle by means of a $\frac{1}{4}$ Turn Right.* 6 movements.

As in Exercise 3, but turn R, place R arm by R leg, LH on CP.

"Ready, Rest, Cross—Seat, Rest, Ground, Attention."

### 5.—*Side Seat on Saddle with a $\frac{1}{2}$ Turn Left.* *5 movements.*

*Ready.*          As in Exercise 1.

*Rest.*            As in Exercise 1.

*Side—Seat.*    Make a quick  $\frac{1}{2}$  TL, momentarily

releasing Hs, and then replace the LH on CP, RH on NP, legs straight, feet closed, toes pointed downward. (Fig. 7.)

*Ground.*

To reach the ground, lift both legs until they are at right angles to the body, supporting the weight entirely on the Hs. (Fig. 8.) Then push strongly from the Ps with the Hs and alight.



FIG. 7.—SIDE SEAT IN SADDLE



FIG. 8.—HALF LEVER.

(Fig. 4a.) Carefully avoid the usual tendency to raise one leg before the other, both must move at the same time. The position with both legs at right angles to the body is known as "Legs in  $\frac{1}{2}$  Lever" or "Half Lever." There should be scarcely any pause between the lifting and the push.

*Attention.*

As before.

6 —*Side Seat on Saddle with a  $\frac{1}{2}$  Turn Right.*  
*5 movements.*

Same as Exercise 5, but done to the R.

"Ready, Rest, Side—Seat, Ground, Attention."

7.—*From Ground, Side Seat on Saddle with  $\frac{1}{2}$  Turn*  
*Right and use of Left Hand Only.*  
*4 movements.*

*Left Hand*            Place the LH on CP, back of H up, R  
*—Ready.*            arm by R side. (Fig. 9.)



FIG. 9.—LEFT HAND READY.

*Side—Seat.*        Spring from ground, making a quick  
 $\frac{1}{2}$  TR to the Side Seat, placing RH on  
 NP. (Fig. 7.)

*Ground.*            As in Exercise 5. (Fig. 4a, p. 5.)

*Attention.*        As before.



8.—*From Ground, Side Seat on Saddle with  $\frac{1}{2}$  Turn Left and use of Right Hand only. 4 movements.*

As Exercise 7, done to the L.

"Right Hand — Ready, Side — Seat, Ground, Attention."



FIG. 10.—BACK REST.



FIG. 11 —KNEELING ON LEFT KNEE

9.—*Back Rest with  $\frac{1}{2}$  Turn Right. 4 movements.*

*Left Hand* As in Exercise 7.  
*—Ready.*

*Back-Rest.*

Spring from the ground, making a  $\frac{1}{2}$  TR to "Back Rest," placing RH on NP. (Fig. 10.) Be sure that the back is hollow, and the head pressed back until the ears are in line with the Shs, while the legs are kept straight, and

toes pointed. Only the Hs and back of the thighs should be in contact with the horse.

*Ground.* As before.

*Attention.* As before.

10.—*Back Rest with  $\frac{1}{2}$  Turn Left. 4 movements.*

As Exercise 9, done L.

“Right Hand — Ready, Back — Rest, Ground, Attention.”

11.—*Seat Circle on Neck. 5 movements.*

*Ready.* Place both Hs on NP backs up, thumbs towards each other, LH to the “off side.”

*Side Seat—* Spring, make a  $\frac{1}{2}$  TR and sit on N  
*Neck.* in Side Seat, keeping both Hs on NP.

*Prepare.* Place RH on N to R of R leg, palm flat, fingers straight and pointing to the ground on “near side,” at the same time swing the legs slightly to the L till the feet are opposite the S.

*Circle.* Giving a sharp push with the LH and a pull with the R swing the legs sharply to the R and describe a  $\frac{1}{2}$  circle R on the seat. Lift the Hs the instant the push and pull are made so as to let the legs pass over the N, and directly the  $\frac{1}{2}$  circle is completed replace the RH on NP, and the LH on N to the L of the L leg, palm flat.

*Ground.* As before.

*Attention.* As before.

12.—*Seat Circle on Croup. 6 movements.*

As Exercise 11, but circling to the L.

“Ready, Side Seat — Croup, Prepare, Circle, Ground, Attention.”

13.—*Seat Circle on Neck with Clapping of Hands. 6 movements.*

As Exercise 11, but clap the Hs while in the act of circling, and then replace them.

“Ready, Side Seat—Neck, Prepare, Circle and—Clap, Ground, Attention.”

14.—*Seat Circle on Croup with Clapping of Hands.*

As Exercise 13, but circling to the L.

“Ready, Side Seat—Croup, Prepare, Circle and—Clap, Ground, Attention.”

## GROUP II.—KNEELING MOVEMENTS.

## TWENTY EXERCISES.

1.—*Kneeling on Saddle with Left, Right, and Both Knees. 8 movements.*

*Ready.* As in Exercise 1, Group 1.

*Left Knee—* Spring as though going to Rest, and  
*Kneel.* while in the air quickly place the LK on the S, instep against the near side of the horse, R leg hanging straight down. (Fig. 11, p. 15.)

<i>Ground.</i>	See Fig. 3.
<i>Right Knee</i> <i>—Kneel.</i>	As above, but with R knee instead of L.
<i>Ground.</i>	As before.
<i>Both Knees</i> <i>—Kneel.</i>	After the Ks are on the S sit well down on the calves of the legs, and keep the body erect.
<i>Ground.</i>	As before.
<i>Attention.</i>	As before.

2.—*Kneeling on Saddle on Left Knee, with Raising  
of Right Leg Backward and Bending of Body  
Forward. 6 movements.*

<i>Ready.</i>	As before.
<i>Left Knee</i> <i>—Kneel.</i>	As in Exercise 1.
<i>Right Leg—</i> <i>Raise.</i>	Raise the R leg backward, keeping the K straight and the toe pointed, at the same time bend the body forward until the head, body and leg form one straight line. (Fig. 12.) This position is called "Front Lever on Left Knee."
<i>Lower.</i>	Resume the position of Fig. 11 by lowering the R leg and raising the body.
<i>Ground.</i>	As before.
<i>Attention.</i>	As before.

3.—*Kneeling on Saddle on Right Knee, with Raising of Left Leg Backward and Bending of Body Forward, i.e., Front Lever on Right Knee.*  
6 movements.

Same as Exercise 2, but with the opposite Knee and Leg.

“Ready, Right Knee—Kneel, Left Leg—Raise, Lower, Ground, Attention.”

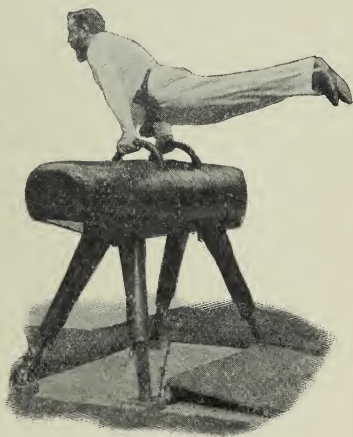


FIG. 12.—FRONT LEVER ON LEFT KNEE.

FIG. 13.—FRONT LEVER.

4.—*Front Lever on Left Knee with thrusting back of Left Leg to Front Lever.* 6 movements.

<i>Ready.</i>	As before.
<i>Left Knee—Kneel.</i>	As in Exercise 1.
<i>Right Leg—Raise.</i>	As in Exercise 1.

*Left Leg—* Smartly extend the L leg backward to  
*Thrust.* come beside the R leg, and try and hold  
the position, keeping the back hollow  
and the arms straight. (Fig. 13, p. 19.)  
This is called "Front Lever."

*Ground.* As before.

*Attention.* As before.

5.—*Front Lever on Right Knee with thrusting back  
of Right Leg to Front Lever. 6 movements.*

As in Exercise 4, but with the opposite Knee and  
Leg.

"Ready, Right Knee—Kneel, Left Leg—Raise,  
Right Leg—Thrust, Ground, Attention."

NOTE.—In future, exercises, which are merely the  
opposite of a preceding exercise, *i.e.*, where right  
handed movements take the place of left handed ones,  
will have the title mentioned, but the words of  
command will be omitted.

6.—*Kneeling on Saddle on Both Knees with thrust-  
ing Both Legs back to Front Lever. 5 movements.*

*Ready.* As before.

*Both Knees—* As in Exercise 1.

*Kneel.*

*Both Knees—* Thrust both legs back to "Front  
*Thrust.* Lever." (Fig. 13, p. 19.)

*Ground.* As before.

*Attention.* As before.

7.—*Knee Circle on Neck. 5 movements.*

*Ready.* As before, but with LH in twisted  
grasp, *i.e.*, back of H towards S, thumb  
towards "near side."

*Left Knee* Take the position of "Front Lever"  
*—Kneel.* on LK on N (Fig. 12, but LK to be on N instead of S).

*Circle.* Retaining the position of the "Front Lever," release the grasp of the RH from the CP, and circling on the LK for  $\frac{1}{2}$  a circle to the R, replace the RH on the N to the R of the LK.

*Ground.* Thrust L leg back to momentary "Front Lever" (Fig. 13) and come to ground at "off side" facing N.

*Attention.* As before.

### 8.—*Knee Circle on Croup.* 5 movements.

As Exercise 7 to the opposite side.

### 9.—*Knee Circle on Neck to Back Rest in Saddle.* 6 movements.

*Ready.* As in Exercise 7.

*Left Knee* As in Exercise 7.  
*—Kneel.*

*Circle.* As in Exercise 7, but do not put RH on N, keep the arm straight forward in line with the body, palm down.

*Back-Rest.* Change the LH to pike grasp and continue circling on the LK to the R until the RSh faces the original front; the RH will now come on to the CP and the L leg naturally straighten itself by the R leg, and, by sharply hollowing the back, the "Back Rest" is reached.

*Ground.* As before.

*Attention.* As before.

10.—*Knee Circle on Croup to Back Rest in Saddle.*  
6 movements.

As Exercise 9 to the opposite side.

11.—*Kneeling on Left Knee and Raising of Right Leg Sideways on to Croup.* 6 movements.

*Ready.* As in Exercise 1.

*Left Knee* As in Exercise 1.  
*—Kneel.*

*Right Leg* Keeping RL straight, raise it side-  
*—Raise.* ways until the inside of the R foot rests  
on the C.

*Lower.* Resume position of Fig. 11, p. 15.

*Ground.* As before.

*Attention.* As before.

12.—*Kneeling on Right Knee and Raising of Left Leg Sideways on to Neck.* 6 movements.

As Exercise 11 to the opposite side.

13.—*Kneeling on Left Knee and ½ Circle Left of Right Leg over Croup.* 6 movements.

*Ready.* As before.

*Left Knee* As in Exercise 1.  
*—Kneel.*

*Right Leg* Keeping R leg straight, raise it side-  
*—Circle.* ways to the R, pass it underneath the  
RH, which must be momentarily raised  
to let the leg pass, and continue until  
the back of the leg rests against the S



(Fig. 14, but with the Hs retaining hold of the Ps).

*Recover.* Resume kneeling position on LK by circling R leg back over C.

*Ground.* As before.

*Attention.* As before.

14.—*Kneeling on Right Knee and ½ Circle Right of Left Leg over Neck. 6 movements.*

As Exercise 13 to the opposite side.

15.—*Knee Spring from Left Knee. 6 movements.*

*Ready.* As before.

*Left Knee* As in Exercise 1.  
*—Kneel.*

*Right Leg* Make a ½ circle L with R leg.  
*—Circle.*

*Hands—* Clench fists and carry arms obliquely  
*Behind.* backward. (Fig. 14, p. 24.)

*Spring.* Swing the arms up forward until opposite the ears, at same time press sharply against the S from the L leg, and if the swing and press are properly done together, the body will be lifted off the horse and the pupil alight in the half knee bend, the arms swing down again so as to reach the legs as the feet strike the ground. (Fig. 4a, p. 5.)

*Attention.* As before.

16.—*Knee Spring from Right Knee. 6 movements.*

As Exercise 15 to the opposite side.

17.—*Knee Spring from Both Knees. 5 movements.*

*Ready.* As before.  
*Both Knees* Kneel with both knees on S.  
*—Kneel.*  
*Hands—* As in Exercise 15.  
*Behind.*



FIG. 14.—“HANDS BEHIND” FOR KNEE SPRING FROM LEFT KNEE.



FIG. 15.—KNEE SPRING FROM BOTH KNEES.

*Spring.* As in Exercise 15, only spring from both legs as the arms swing above head. (Fig. 15 shows the position just after leaving the horse and before alighting).

*Attention.* As before.

18.—*Kneeling and Squatting on Left Knee and Right Foot, with Standing and Alighting Forward. 6 movements.*

*Ready.* As before.

*Kneel and —Squat.* Kneel on LK and at same time squat or place RF with heel raised on saddle.

*Prepare.* Release the Hs from the Ps and hollow the back. (Fig. 16.)



FIG. 16.—KNEELING ON LEFT KNEE AND SQUATTING ON RIGHT FOOT.



FIG. 17.—SQUATTING ON LEFT FOOT WITH RIGHT LEG EXTENDED FORWARD.

*Stand.* Press from the LK and R foot and rise to a standing position on S, at the same time placing the Hs on the hips, fingers in front, thumbs behind.

*Ground.* Sink to a half squat and jump forward to ground. (Fig. 4a, p. 5.)

*Attention.* As before.

19.—*Kneeling and Squatting on Right Knee and Left Foot, with Standing and Alighting Forward. 6 movements.*

As Exercise 18 to the opposite side.

20.—*Knee Spring from both Knees to Stand on Saddle and Alighting Forward.*

*Ready.* As before.

*Both Knees* As in Exercise 17, but place the Ks  
—*Kneel.* only half way on the S.

*Hands—* As in Exercise 15.

*Behind.*

*Spring.* Swing the arms and spring from the Ks as in Exercise 17, but much more forcibly, and come at once to the "Stand" with Hs on hips.

*Ground.* As in Exercise 18.

*Attention.* As before.

In the spring care should be taken to jump a little forward as well as up, so that in the event of being unable to retain the "Stand" on S, the pupil naturally jumps forward to the ground. Should by chance the pupil spring so vigorously as to overbalance backward, a most unusual occurrence, drop to the board and seize the pommels.

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## GROUP III.—SQUATS, QUICK SQUATS, AND CAT MOVEMENTS.

### 50 EXERCISES.

#### A.—SQUATTING MOVEMENTS.

NOTE.—Henceforth, in order to save space, exercises will be named and described as being done

to the left side only. Where no difference exists in any succeeding exercise, other than that the movements are right handed ones, that fact will be indicated thus, *2 and 3, 5 and 6*. Exercises 3 and 6 are right handed movements of 2 and 5, but the teacher must change the words of command and explanations as required.

*1.—Squatting on Saddle with Left, Right and Both Feet. 8 movements.*

*Ready.* Place Hs on Ps.

*Left Foot* Spring and place L foot with heel  
—*Squat.* raised on S. Similar to Fig. 11, except that the foot and not the knee should be on the S.

*Ground.* As before.

*Right Foot* As above, but R foot instead of L.  
—*Squat.*

*Ground.* As before.

*Both Feet* Place both feet on S, sitting well  
—*Squat.* down on calves of the legs, keeping the knees closed, and head erect.

*Ground.* As before.

*Attention.* As before.

*2 and 3.—Squat, Stand on Saddle with Stepping Sideways and Alight Forward. 9 movements.*

*Ready.* As before.

*Both Feet* As in Exercise 1.  
—*Squat.*

<i>Stand.</i>	Rise to "stand," placing the hands on the hips. Take care that the head and not the back rises first.
<i>Left Foot</i> <i>—Neck.</i>	Step L foot over the NP on to the N.
<i>Right Foot</i> <i>—Croup.</i>	Step R foot over the CP on to the C.
<i>Left Foot</i> <i>—Saddle.</i>	Return L foot to S.
<i>Right Foot</i> <i>—Saddle.</i>	Return R foot to S.
<i>Ground.</i>	Sink to "Half Squat" and jump forward to ground.
<i>Attention.</i>	As before.

4.—*Squat, Stand on Saddle with Hopping Sideways and Alight Forward. 6 movements.*

<i>Ready.</i>	As before.
<i>Stand.</i>	Spring and as the feet are just ready to squat on the S, press sharply on the Ps, let go the Hs, and come in one movement to the "Stand," the head rising first. There is a second or so when the pupil is in the air; this occurs between the letting go of the Hs and reaching the "Stand."
<i>Jump.</i>	Slightly bend both Ks and simultaneously jump both feet sideways over the Ps, L foot to N, R foot to C.
<i>Recover.</i>	Jump the feet back to the S.
<i>Ground.</i>	As before.
<i>Attention.</i>	As before.

5 and 6.—*Squat on Left Foot with Forward Extension of Right Leg and Return to Board.*  
4 movements.

*Ready.* As before.

*Squat and —Extend.* Squat L foot on S, at same time extending R leg straight forward without allowing the foot to touch the S as it passes over. (Fig. 17, p. 25.)

*Ground.* Bend R knee sharply, pass R foot over the S without allowing it to touch the S, and, as the R foot comes opposite the L, incline the head and body forward, press on the Hs, thrust both legs back to a momentary "Front Lever" (Fig. 13, p. 19), and come to ground. (Fig. 3, p. 3.)

*Attention.* As before.

For pupils who find the "Squat and Extend" in one movement difficult the teacher should modify the exercise as follows; the words of command sufficiently explain the movements:—

"Ready. Both Knees—Squat. R Leg—Extend. Recover. Ground. Attention."

7 and 8.—*Squat Left Leg over Saddle to Side Seat on Left Thigh, and Alight Forward.* 4 movements.

*Ready.* As before.

*Left Leg—Squat.* Spring and carry the L leg over the S between the arms, without allowing the foot to touch the S, and rest the back of the L thigh against the off side of the horse. (Similar to Fig. 18a, p. 30, but L leg squatting instead of R.)



*Ground.*

Incline the head and Shs forward, thus raising the seat, quickly bend the RK and draw it over the S without allowing the foot to touch the S (Fig. 18b) to join the L leg, press from the hands and alight. (Fig. 4a.) Fig. 8 shows the position just after the R leg has joined the L, and the pressure is being made from the Hs.



FIG. 18a.—SIDE SEAT ON  
RIGHT THIGH.



FIG. 18b.—RIGHT KNEE  
RAISED.

*Attention.* As before.

9.—*Squat Both legs over Saddle to Side Seat and Alight Forward. 4 movements.*

*Ready.* As before.

*Side Seat* Spring and carry both legs over the  
*—Squat.* S between the arms without allowing



the feet to touch the S, and sit down in the "Side Seat." (Fig. 7, p. 13.)

*Ground.* Lift the legs to "Half Lever" by bending at the waist and straightening the arms (Fig. 8), press from the Hs and alight. (Fig. 4a, p. 5.)

*Attention.* As before.

10.—*Squat both legs over Saddle to Back Rest, and Alight Forward. 5 movements.*

This exercise is exactly similar to the last, except that the instant the feet have passed over the S the back is sharply hollowed and the position of the "Back Rest" taken. (Fig. 10, p. 15.)

The words of command are:—"Ready, To Back Rest—Squat, Ground, Attention."

11.—*Squat Vault over Saddle. 3 movements.*

*Ready.* As before.

*Vault.* Spring and carry the legs over the S between the arms, straighten the legs, press sharply from the hands, and alight. (Figs. 19 and 8, pp. 32 and 13.)

*Attention.* As before.

12.—*Squat over Saddle to Half Lever and Alight Forward. 4 movements.*

*Ready.* As before.

*To Half Lever—* As in last exercise, only instead of coming at once to Ground, hold the  
*Squat.* "Half Lever" for, say, four counts. The secret is, directly the feet have passed over the S, to put the head and

shoulders well back and keep the arms rigidly straight.

*Ground.* As before.

*Attention.* As before.

13 and 14.—*Squat Vault over Saddle with  $\frac{1}{4}$  Turn Left before Alighting. 3 movements.*

*Ready.* As before.



FIG. 19.—SQUAT VAULT OVER SADDLE.



FIG. 20.—CAT MOUNT ON NECK WITH LEFT FOOT AND  $\frac{1}{4}$  TURN RIGHT.

*Vault.*

Start as in Exercise 11, but directly the feet have passed over the S (Fig. 19) press sharply from the RH, quickly turn the head and shoulders a  $\frac{1}{4}$  turn L, let go the CP and alight. (Fig. 4b.)

The LH retains its grasp of the NP throughout the movement.

*Attention.* As before.

15 and 16.—*Squat Vault over Saddle with  $\frac{1}{2}$  Turn Left before Alighting. 3 movements.*

*Ready.* As before.

*Vault.* Start as in Exercise 13, but, directly the feet have passed over the S, press sharply from both hands, quickly turn the head and Shs a  $\frac{1}{2}$  TL, release both Ps, and alight, regrasping the Ps. (Fig. 3.)

*Attention.* As before.

If difficulty is experienced in clearing the Saddle with the foot or feet while doing Exercises 7—16, practise these exercises to begin with from the position of "Both Feet Squat." For example, in Exercise 9 the easier way would be as follows:—"Ready, Both Feet on Saddle—Squat, Side Seat, Ground, Attention," and so with the succeeding exercises.

A slightly more difficult form of Exercises 5—16 can be secured by doing the exercises with the LH on the N, and the RH on the NP, or with the RH on the C and the LH on the CP. This adds another 24 exercises to the group.

## B.—QUICK SQUATS.

These movements are useful for leading up to similar exercises on the Parallels and Horizontal Bar, where they are considerably more difficult. As the name implies, the hands let go the Horse almost at the instant they are put on; further, and this is the important point, the head and shoulders—and not the

feet and legs, as with the ordinary squat—must precede the hands.

The teacher must be ready to give assistance, as with ordinary squatting movements.

NOTE.—With young or timid pupils the quick squats may be postponed until after screw vaults have been mastered, but they are very useful for cultivating great agility, quickness of eye, and judgment.

#### 41.—*Quick Squat Vault over Saddle in Two Movements. 4 movements.*

*Ready.* As before, but place the Hs over to the “off side” of the Ps.

*Free—Squat.* Spring and bring the feet, knees closed, above the S without letting the feet touch it, at the same time incline the head and Shs well forward so that they come beyond the horse.

*Quick—Vault.* Return to ground (Fig. 3) and without pause, spring, press hard from the Hs, which must instantly come off the horse, incline the head and Shs well forward, and vault the S to ground, alighting at the “off side.” (Fig. 4a.)

*Attention.* As before.

#### 42.—*With a Run, Quick Squat Vault over Saddle. 3 movements.*

As directed in last exercise, omitting the “Free—Squat.” The words of command explain the movements—“Ready, Quick—Vault, Attention.”

This and the following exercises are much easier if done “with a run,” and should be first so practised,

and then done from the "Side—Stand." For explanation of how to run see page 3. The commands and movements are :—

*Ready.* Take up the position of "Attention," anywhere from 5 to 10 yards from and facing the horse.

*With Run, Quick—* Run and vault over the S, as already explained.

*Vault.*

*Attention.* As before

43.—*With a Run and Hands on Horse Outside Pommels, Quick Squat Vault over Saddle.*  
3 movements.

*Ready.* As directed in last exercise.

*With Run and Hands Outside, Quick—* Run, and as the spring from the ground is made place the LH on N close to NP and the RH on C close to CP, but well forward to the "off side," fingers and thumbs straight, and clear the S.

*Attention.* As before.

44.—*With a Run and Hands on Saddle between Pommels, Quick Squat Vault over Saddle.*  
3 movements.

Similar to last exercise, but hands between Ps, well forward and touching.

The commands and movements are :—"Ready, With Run and Hands on Saddle, Quick—Vault, Attention."

The above exercises can also be practised from "Rest," but are difficult, requiring a very sharp

pressure from the hands, and a very quick bend at waist and knees.

### C.—CAT MOVEMENTS. SIX EXERCISES.

A "Cat" movement is a "Squat" with the bent knee or knees outside the elbow or elbows instead of inside or between the elbows, as is the case with a "Squat" proper.

45 and 46.—*With  $\frac{1}{4}$  Turn Right, Cat Mount on Neck with Left Foot, Dismounting in Front Vault Swing. 4 movements.*

*Ready.* Grasp NP with LH in twisted grasp, CP with RH in pike grasp.

*On Left Foot, with  $\frac{1}{4}$  Turn Right, Cat—Mount.* Spring, and directly the feet leave the B, make a sharp  $\frac{1}{4}$  TR with the head and Shs and place the LF on the N with the LK to the L of the L elbow, the R leg is to be straight and the LF opposite the C. Immediately the LF is on the N, transfer the RH to NP. (Fig. 20, p. 32.)

*In Front Vault Swing—Dismount.* Swing the R leg back and thrust the L leg back to "Front Lever," release the LH from the P, press sharply from the RH and alight at "off-side" with R Sh opposite NP and RH retaining its grasp of the NP. (Similar to Fig. 4b, but RH on NP.)

*Attention.* As before.

47 and 48.—*With  $\frac{1}{4}$  Turn Right, Cat Mount on Neck with Right Foot, Shears Backward Left and Straddle off. 5 movements.*

*Ready.* As in Exercise 45.

*With  $\frac{1}{4}$  Turn Right, Right Foot, Cat—Mount.* As in Exercise 45, but place RF on N with RK to R of R elbow, while L leg, kept straight, swings over N to “off-side”; immediately R foot is on the N transfer the RH to the NP.

*Backward, Left—Shears.* Swing the L leg back over the N to the “near-side,” straighten the R leg down the “off-side” of the N, let go the P with the LH, quickly turn the Shs a  $\frac{1}{4}$  TL, and come sitting astride the N facing outwards; bring the LH back again on to N P. (Fig. 34 shows this movement just as the L leg has swung over the N and the R leg is straightening, but both Hs should be on the N.P.)

*Dismount.* Bring Hs forward to end of N, palms flat, fingers straight, press sharply on hands, lifting body, and jump forward from the Hs, leap frog fashion, to ground.

*Attention.* As before.

49 and 50. — *With  $\frac{1}{4}$  Turn Right, Cat Mount on Neck with Both Feet, Return to Ground, and Squat Vault over Neck. 5 movements.*

*Ready.* As in Exercise 45.

*With  $\frac{1}{4}$  Turn Right, Both Feet, Cat—Mount.* As in Exercise 45, but place both feet on N with knees outside elbows.

*Ground.* Return to Ground at “near side,” i.e., make a  $\frac{1}{4}$  TL in coming to B and place LH on N, while RH retains grasp of NP.



<i>Squat—</i>	As in Exercise 11, but over N.
<i>Vault.</i>	
<i>Attention.</i>	As before.

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## GROUP IV.—WOLF VAULT MOVEMENTS.

### SIXTEEN EXERCISES.

The essential characteristics of a Wolf Vault movement are :—

- (a) One leg must always be bent while the other is always straight, when clearing the horse.
- (b) The weight of the body must be supported by one arm only, and that arm must always be the one corresponding to the bent knee.
- (c) The supporting arm must always be rigidly straight.

1 and 2.—*Kneeling Wolf Mount Left, and Recover.*  
6 movements.

*Ready.* Place Hs on Ps.

*Kneel.* Spring, kneel with RK on S, and at the same moment the K touches the S, the L foot with the L leg straight must reach the N.

*Left Hand*  
—*Raise.* Raise L arm sideways to height of L Sh, palm down, fingers straight. (Similar to Fig. 21, but RK on S, L foot on N, L arm raised.)

*Lower.* Replace LH on NP.

*Dismount.* Return to ground “near side.” (Fig. 3.)

*Attention.* As before.



3 and 4.—*Kneeling Wolf Mount Left,  $\frac{1}{4}$  Turn Right to Front Leaning Rest and Dismount in Front Vault Swing. 6 movements.*

*Ready.* As before.

*Kneel.* As in Exercise 1, but retaining LH on NP.

*Left Hand* Transfer LH to CP.  
—*Change.*

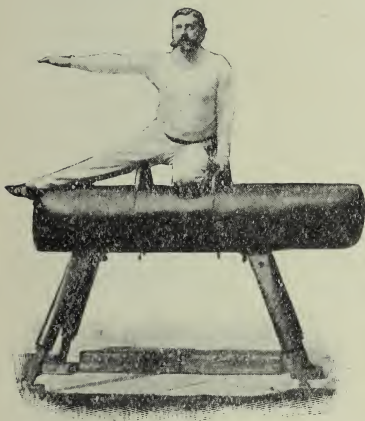


FIG. 21.—KNEELING WOLF MOUNT RIGHT.



FIG. 22.—FRONT LEANING REST ON NECK.

*Front Leaning—Rest.* Make a  $\frac{1}{4}$  TR with head and Shs and carry R foot back on to N, supporting the body on Hs and toes. The Shs are to be exactly over the Hs. (Fig. 22.)

*In Front Vault Swing—Dismount.* Push from the RH, release the NP with the LH, and alight at "off side." (Fig. 4b.)

*Attention.* As before.

*5 and 6.—Wolf Mount Left and Recover.  
4 movements.*

*Ready.* As before.

*Mount.* As in Exercise 1, but squat on S with the R foot and raise the L arm horizontally sideways at the same time. The weight must be kept on the R arm, and the R foot, L foot, and L arm must reach their positions at exactly the same moment.

*Dismount.* Return to ground on "near side."

*Attention.* As before.

*7 and 8.—Wolf Mount Left, ¼ Turn Right to Front  
Leaning Rest and Dismount in Screw Vault  
Swing. 5 movements.*

*Ready.* As before.

*Mount.* As in Exercise 5, but retain the grasp of the NP with the LH.

*Front Leaning—Rest.* Change the LH to NP and take the position of FLR on N all in one movement.

*In Screw Vault Swing—Dismount.* Release the RH from the CP, swing the R arm, straight, upwards, sharply turn the head and Shs back for a ½ TR, pivoting on the L arm to do so, and alight at "off side," with LSh opposite the CP, and the LH retaining its grasp of the CP.

*Attention.* As before.

9 and 10.—*Wolf Vault Left to Side Seat in Saddle.*  
4 movements.

*Ready.* As before.

*Side—Seat.* Keeping weight entirely on R arm, squat R leg over S and straddle L leg over N, replacing LH on NP directly L leg has passed over N, and sit down in S. (Fig. 23 shows the position just as the legs are passing over the horse and



FIG. 23.—WOLF VAULT LEFT.



FIG. 24.—BOTH FEET ON NECK.

before the LH is replaced. Fig. 7 shows the "Side Seat" in Saddle.)

*Ground.* Lift to "Half Lever" and push off forward to ground. (Figs. 8 and 4a.)

*Attention.* As before.

11 and 12.—*Wolf Vault Left.* 3 movements.

*Ready.* As before.

*Vault.* As directed in Exercise 9 when going to "Side Seat," but instead of sitting down, clear the horse and alight. (Figs. 23 and 4a.) The L arm in the act of passing over the horse should be horizontal at the height of the LSh, and the RH must push sharply from and release the CP directly the legs have passed over the horse and before alighting.

*Attention.* As before.

13 and 14.—*Wolf Vault Left with  $\frac{1}{4}$  Turn Right, i.e., finishing in Front Vault Swing. 3 movements.*

*Ready.* As before.

*In Front Vault Swing—Vault.* As in Exercise 11, but retain grasp of CP with RH and directly legs have passed over horse, turn head and Shs sharply a  $\frac{1}{4}$  TR, alighting with RSh. opposite CP.

*Attention.* As before.

15 and 16.—*Wolf Vault Left with  $\frac{1}{4}$  Turn Left, i.e., finishing in Rear Vault Swing. 3 movements.*

*Ready.* As before.

*In Rear Vault Swing—Vault.* As in Exercise 13, but directly legs have passed over horse, turn head and Shs very sharply a  $\frac{1}{4}$  TL, release the CP with RH, replace LH on NP and alight with LSh opposite NP. (Fig. 4b.)

*Attention.* As before.

Wolf Vaults are most important foundation or key movements, and should be assiduously practised until

they can be perfectly executed. Becoming accustomed to bearing the weight on one arm, and keeping one leg always bent while the other is straight, ensures such a control of the body; when once mastered, as will enable all the succeeding Vaults to be done easily and in good style.

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## GROUP V.—FLANK VAULT MOVEMENTS.

### FOURTEEN EXERCISES.

The essential characteristics of a Flank Vault Movement are:—

- (a) The side of the body or "Flank" must be toward the horse in getting into or passing over the horse, in a flank vault position.
- (b) The weight of the body must be supported by one arm only.
- (c) The legs must be straightened as soon as possible after leaving the board, and when Vaults are executed the knees and feet must be touching.

#### 1.—*Swinging One and Both Legs in Flank Vault Swing. 6 movements.*

*Ready.* Place Hs on Ps.

*Left Leg—* Spring, and directly the feet have left  
*Swing.* the board, swing the L leg up horizontally to the L, leaving the R leg hanging straight (Similar to Fig. 29, but with the legs reversed); after a slight pause return to ground. (Fig. 3.)

*Right Leg—* Same as last movement, but swing R  
*Swing.* leg to R.

*Both Legs—* Swing both legs L. (Similar to Fig.  
*Left.* 30, but back more hollow and Shs more  
 to the front.)

*Both Legs—* Same as last movement to the R.  
*Right.*

*Attention.* As before.

## 2.—*Foot Placing on Neck and Croup. 6 movements.*

*Ready.* As before.

*Both Feet—* Spring, and bending Ks, place both  
*Neck.* feet flat on Neck. (Fig. 24, p. 41.)

*Ground.* As before.

*Both Feet—* Place both feet on C.  
*Croup.*

*Ground.* As before.

*Attention.* As before.

## 3 and 4.—*With Left Hand on Neck, Right Hand on Neck Pommel, Flank Vault Swing to Side Seat on Neck on Right Thigh; ½ Circle Right of Left Leg to Side Seat and Alight Forward.*

### *5 movements.*

*Ready.* Stand opposite the N, with LH on N,  
 palm flat, fingers pointing to "off side,"  
 RH on NP.

*On Right* Spring, and keeping R leg straight,  
*Thigh, Side* pass it under the LH, which must be  
*—Seat.* replaced, and over the N to the "Side  
 Seat on R thigh" on Neck.

*Left Leg—* Keeping L leg straight, make it  
*Circle.* describe a ½ circle R under the LH to  
 join the R leg in "Side Seat." (Similar  
 to Fig. 7, p. 13.)

*Ground.* Lift to "Half Lever" and push off forward to ground.

*Attention.* As before.

5 and 6.—*With Left Hand on Neck, Right Hand on Neck Pommel, Flank Vault Swing to Side Seat on Neck, and Alight Forward.* 4 movements.

Similar to Exercise 3, but both legs pass under LH to "Side Seat."

"Ready, Side—Seat, Ground, Attention."

7 and 8.—*With Left Hand on Neck, Right Hand on Neck Pommel, Flank Vault over Neck.*  
3 movements.

Similar to Exercise 5. As soon as the LH is lifted, lean well to the R with the head and Shs, and clear the Neck with the legs straight and closed. (Fig. 26, p. 46, shows position of legs and body.)

"Ready, Vault, Attention."

9 and 10.—*Flank Vault Swing to Side Seat on Saddle on Right Thigh, dismounting in Flank Vault Swing.* 4 movements.

*Ready.* Place Hs on Ps.

*On Right Thigh, Side—Seat.* Similar to Exercise 3, but come to "Side Seat" in S on R thigh.

*Dismount.* Commence circling the L leg to the R as in Exercise 3. When the leg has passed over the NP lean well to the R, and without replacing the LH, swing the R leg up to meet the L leg, make



the feet clap together; keeping legs straight, push sharply from the RH and alight. (Fig. 3.) In leaning to the R, try to raise or straighten the whole of the flank as much as possible, just as if someone had attached a string to the L hip bone and had suddenly and sharply pulled the hip and waist up into a straight line with the Shs and feet.

*Attention.* As before.



FIG. 25.—SIDE LEANING REST  
ON NECK.

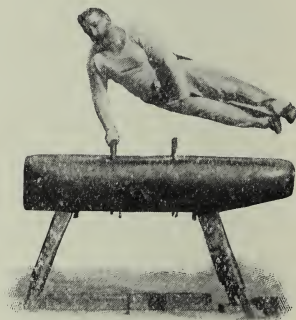


FIG. 26.—FLANK VAULT  
LEFT.

11 and 12.—*Flank Vault Swing to Side Leaning Rest on Neck.*

*Ready.* As before.

*Side Leaning—Rest.* Spring, lean head and Shs well to the R, put the weight on the R arm, very sharply straighten the flank, and place the feet on the N, R foot in front of L, L arm at side of body. (Fig. 25.)



*Ground.* Jump to ground by pushing from RH  
(Fig. 3.)  
*Attention.* As before.

### 13 and 14.—*Flank Vault Left.*

Similar to Exercise 11, but clear the horse. (Fig. 26.)

The head in Fig. 26 is not enough over the RSh to be quite perfect.

“Ready, Vault, Attention.”

Exercises 7—14 are important movements, and should be assiduously practised till mastered.

## GROUP VI.—FRONT VAULT MOVEMENTS.

### TEN EXERCISES.

The essential characteristics of a Front Vault Movement are:—

- (a) The front of the body must be towards the horse in getting into, or passing over the horse, in a front vault position.
- (b) The weight of the body is supported by both arms, but by one more than the other.
- (c) The head and shoulders must begin to turn toward the horse directly the feet leave the board and continue for a  $\frac{1}{4}$  turn.

1 and 2.—*Front Mount on to Neck, Dismounting in Front Vault Swing. 4 movements.*

*Ready.* Place LH on N, RH on NP.

*On Neck,  
Front—  
Mount.*

Spring, turn the head and Shs sharp to the R, carry the legs to the L, and as soon as the body and legs are in a horizontal line above the horse, open the legs and sit astride the N in "Riding Seat" facing the S, legs straight, toes pointed. Transfer the RH to the NP the instant the legs reach the "Riding Seat." (Similar to Fig. 27, but reversed and on N.)



FIG. 27.—RIDING SEAT FACING NECK.

FIG. 28.—FRONT VAULT LEFT.

*Dismount.*

Lean forward, put the weight on to the Hs, arms straight, and at the same moment swing legs back to "Front Lever." (Similar to Fig. 13, but with both Hs on the NP and the body parallel to the length of the horse). Directly the legs have met, push sharply from the RH, release the NP with the LH, and alight at the "off side," the RSh opposite the NP, and the RH still retaining its hold of the P.

*Attention.* As before.

3 and 4.—*Front Mount Left into Saddle, Front Leaning Rest and Dismount in Front Vault Swing.*  
5 movements.

*Ready.* Place Hs on Ps.

*Mount.* As directed in Exercise 1, but come to "Riding Seat" in S facing C, and bring the LH on to the CP as the seat is taken. (Fig. 27 reversed.)

*Front Leaning—Rest.* Swing legs back, and sharply hollowing the back, place the toes on N. (Fig. 22, p. 39.)

*Dismount.* Alight at "off side" as in Exercise 1.

*Attention.* As before.

5 and 6.—*Front Leaning Rest on Neck, Dismounting in Front Vault Swing.* 4 movements.

*Ready.* As before.

*Front Leaning—Rest.* Spring, put the weight on the R arm and come in one movement into the FLR; the LH must reach the CP as the toes reach the N.

*Dismount.* As in Exercise 3.

*Attention.* As before.

7 and 8.—*Front Vault over Neck.* 3 movements.

*Ready.* Place LH on N, RH on NP.

*Vault.* Similar to Exercise 5, but instead of going to a FLR, clear the horse and alight; the LH leaves the N the moment the legs and body are horizontal.

*Attention.* As before.

9 and 10.—*Front Vault Left.* 3 movements.

*Ready.* Place Hs on Ps.

*Vault.* As in Exercise 7, but body passes over S. (Fig. 28 shows the Vault just before the LH lets go the NP.)

*Attention.* As before.

## GROUP VII.—REAR VAULT MOVEMENTS.

### SIXTEEN EXERCISES.

The essential characteristics of a Rear Vault Movement are :—

- (a) The back of the body must be toward the horse in getting into, or in passing over the horse in, a rear vault position.
- (b) In most Rear Vault Movements the legs are in a "Half Lever."
- (c) The head and shoulders must turn through a quarter turn.

1.—*Swinging One Leg in Rear Vault Swing.*  
4 movements.

*Ready.* Place Hs on Ps.

*Right Leg —Swing.* Spring, and swing the R leg to as high a horizontal position as possible between the L leg and the horse, at the same time turning the head and Shs a  $\frac{1}{4}$  TL. (Fig. 29.) Try and momentarily hold the position, then turn the head and Shs to the front and return to ground. (Fig. 3.)

*Left Leg—* As above, but swing L leg between  
*Swing.* the R leg and the horse.  
*Attention.* As before.

2.—*Swinging Both Legs in Rear Vault Swing.*  
*4 movements.*

Similar to Exercise 1, but both legs instead of one.  
 (Fig. 30.)



FIG. 29.—SWINGING RIGHT LEG  
 IN REAR VAULT SWING.



FIG. 30.—BOTH LEGS SWINGING IN  
 REAR VAULT SWING LEFT.

“Ready, Both Legs, Left—Swing, Both Legs, Right—Swing, Attention.”

3 and 4.—*Swinging Both Legs in Rear Vault Swing*  
*and Alighting without Refacing the Front.*  
*3 movements.*

*Ready.* As before.  
*Both Legs,* As in Exercise 2, but as soon as the  
*Left—* legs are horizontal, press sharply from  
*Swing.* the NP with the LH, and let go, force

the head and Shs still more to the L, and alight on board with RSh opposite CP, RH retaining hold of CP.

*Attention.* As before.

5 and 6.—*Swinging Both Legs in Rear Vault, Swing Left, and Alighting with  $\frac{1}{2}$  Turn Right.*

3 movements.

*Ready.* As before.

*Both Legs, Left—Swing.* As in Exercise 3, but as soon as the legs are horizontal press sharply from the CP with the RH and let go, very quickly turn the head and Shs a  $\frac{1}{2}$  TR and alight on board with LSh opposite NP, LH retaining hold of NP.

*Attention.* As before.

7 and 8.—*With Left Hand on Neck, Right Hand on Neck Pommel, Rear Mount on to Neck and Straddle Off.* 4 movements.

*Ready.* Place LH on N, RH on NP.

*On Neck, Rear—Mount.* Spring; as soon as legs are in "Half Lever," lift the LH, open the legs and come sitting astride of the N in "Riding Seat" facing the end of the N; the LH is replaced on NP, thumb towards the back.

*Dismount.* Bring Hs on to end of N and straddle off forward to ground.

*Attention.* As before.

9 and 10.—*With Left Hand on Neck and Right Hand on Neck Pommel, Rear Vault over Neck.*

3 movements.

*Ready.* As in Exercise 7.

*Vault.* Start as if to "Mount" in Exercise 7, but keep the legs closed and clear the N, alighting at off side with the LSh opposite NP. When the legs have passed over the N, the RH lets go of the NP and the LH is replaced there.

*Attention.* As before.

11 and 12.—*Rear Mount Left into Saddle, Rear Leaning Rest, and Dismount in Rear Vault Swing. 5 movements.*

*Ready.* Place Hs on Ps.

*Mount.* As in Exercise 7, but come to "Riding Seat" in S, facing N (Fig. 27), the LH being brought on to the CP as the Seat is taken.

*Rear Leaning—Rest.* Press sharply on the Hs, very quickly hollow the back, swing legs up forward and place heels on N. (Fig. 31, p. 54.)

*Dismount.* Jump to ground at "off side," LSh opposite CP, LH retaining hold of CP.

*Attention.* As before.

13 and 14.—*Rear Vault Left. 3 movements.*

*Ready.* As before.

*Vault.* As in Exercise 9, but body passes over S. (Fig. 32, p. 54.) Finish with LSh opposite CP, LH on NP.

The figure shows the position just before the LH is brought back on to NP.

*Attention.* As before.



15 and 16.—*Rear Vault Left with  $\frac{1}{4}$  Turn Left.*  
3 movements.

*Ready.* As before.

*With  $\frac{1}{4}$  Turn Left —Vault.* As in Exercise 13, but directly body has passed over S, very sharply turn head and Shs another  $\frac{1}{4}$  TL, alighting at "off side," facing the S, both Hs on Ps. (Fig. 3.)

*Attention.* As before.



FIG. 31.—REAR LEANING REST  
ON NECK.



FIG. 32.—REAR VAULT LEFT.

## GROUP VIII.—SCREW VAULT MOVEMENTS.

### TEN EXERCISES.

The essential characteristics of a Screw Vault Movement are:—

- (a) Like a rear vault movement, the back of the body must be toward the horse in getting



into, or passing over the horse in a screw vault position.

- (b) The head and shoulders must turn backward through *three quarters* of a turn.

Screw Vault Movements may be done forward as well as backward, but as this group deals only with those movements which lead up to the Screw Vault, these movements will be all backward.

1 and 2.—*With Left Hand Twisted on Neck Pommel, Cross Rest, Screw Mount on to Neck and Straddle Off. 5 movements.*

*Ready.* Stand opposite S, placing LH in twisted grasp on NP, *i.e.*, back of H toward S, thumb toward near side, RH pike grasp on CP.

*On Neck, Cross—Rest.* Spring, and turning the head and Shs backward a  $\frac{1}{4}$  TR, bring L thigh on to N to L of NP, R leg lying on top of L leg, arms straight, back hollow. (Fig. 33, p. 56.)

*On Neck, Screw—Mount.* Push from the RH, sharply turn the head and Shs a further  $\frac{1}{2}$  TR backward, carry the R leg over the N, and sit astride of the N in "Riding Seat" facing the end of the N, releasing the CP, and bringing the RH round on to NP to R of LH. (Fig. 34 reversed, p. 56.)

*Dismount.* Bring Hs on to end of N and Straddle Off forward to ground.

*Attention.* As before.

Fig. 34 shows the position just before the LH releases the P.

Care must be taken to keep the leg straight, and roll round the thigh until the  $\frac{1}{2}$  TR is completed; the movement must not degenerate into a Seat Circle.

3 and 4.—*With Left Hand Twisted on Neck Pommel, Screw Mount on to Neck, Dismounting in Rear Vault Swing. 4 movements.*

*Ready.* As in Exercise 1.

*On Neck, Screw—Mount.* As in Exercise 1, but making no pause in the Cross Rest.



FIG. 33.—CROSS REST ON LEFT THIGH ON NECK.



FIG. 34.—SCREW MOUNT ON TO CROUP.

*Dismount.* Keeping backs of Hs on NP towards S, lean head and Shs well back, swing legs sharply up to "Half Lever," stiffen arms, push from LH, and letting go NP with RH alight at "off side," LSh opposite NP.

*Attention.* As before.

5 and 6.—*With Left Hand Twisted on Neck Pommel, Screw Vault over Neck. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 3, but keep the legs closed and clear the N, alighting at "off side" with LSh opposite NP. Turn head and Shs sharply, and keep weight well over the L arm throughout the exercise.

*Attention.* As before.

7 and 8.—*Screw Mount into Saddle, Dismounting in Rear Vault Swing. 4 movements.*

*Ready.* Place Hs on Ps.

*Into Saddle —Mount.* As in Exercise 3, but directly the spring is made shift LH to CP, and keeping L leg close to CP turn the  $\frac{3}{4}$  TR and come to "Riding Seat" in S facing N, letting go CP with RH and bringing it on to CP to the R of LH when the Seat is taken. Lean well over the CP in executing this movement.

*Dismount.* As in Exercise 3, but with Hs on CP, alighting with LSh opposite CP.

*Attention.* As before.

9 and 10.—*Screw Vault Left. 3 movements.*

*Ready.* As in Exercise 7.

*Vault.* As in Exercise 7, but keep legs closed and clear the S. Lean well over the CP and shift the weight from the RH to the L while the  $\frac{3}{4}$  turn is being made and the body is over the horse. When the RH releases the CP swing it

well up and round, describing a  $\frac{3}{4}$  circle R before reaching R leg. The back must be very sharply hollowed as the body passes over the S. (Fig. 35 shows the V just after the  $\frac{3}{4}$  T has been made and the RH has released the P.)

*Attention.* As before.



FIG. 35.—SCREW VAULT LEFT.



FIG. 36.—BACK SQUAT VAULT OVER SADDLE.

## GROUP IX.—SQUAT VAULT MOVEMENTS BACKWARD OR BACK SQUATS.

These movements are similar to those in Group III., but are started from Back Rest or from Ground with a  $\frac{1}{2}$  Turn as the Spring from the Board is made.

### A.—BACK SQUATS FROM BACK REST.

1 and 2.—*Squatting on Saddle with Right and Left Foot, and Alight.* 6 movements.

*Ready.* Place LH on CP. (Fig. 9, p. 14.)

*Back—Rest.* As in Group 1, Exercise 9. (Fig. 10.)

*Right Foot —Squat.* Bend sharply at the waist, inclining head and Shs forward, and squat RF on S.

*Left Foot —Squat.* Squat LF on S.

*Ground.* Thrust both legs back to "Front Lever" (Fig. 13) and after momentarily holding the position drop to ground. (Fig. 3.)

*Attention.* As before.

3 and 4.—*Squatting Stand on Saddle and Alight.* 6 movements.

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Both Feet —Squat.* Squat both feet on S.

*Stand.* Straighten legs and rise to stand, placing Hs on hips.

*Ground.* Sink to "Half Squat" and jump down backward to Ground, placing Hs on Ps. (Fig. 3.)

*Attention.* As before.

*5 and 6.—Squatting Right Leg to Side Seat on Left Thigh and Left Leg Back over Saddle to Ground.*  
5 movements.

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Right Leg—Squat.* Squat R leg back over S between arms without allowing the foot to touch the S, and come to "Side Seat on L thigh." (Fig. 18a reversed, p. 30.)

*Ground.* Squat L leg back over S. Directly the foot has cleared the S, lean well forward, raise the R leg to join the L and pass through the position of "Front Lever" before alighting.

*Attention.* As before.

This exercise is not easy to do well, but will repay practice, because of the abdominal strength gained in executing the exercise correctly.

*7 and 8.—Squatting Right Leg to Side Seat on Left Thigh, ½ Turn Right of Body in Saddle, Squatting One Leg Back and the Other Forward at the same time, and Alight Forward.* 8 movements.

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Right Leg—Squat.* As in Exercise 5.

*½ Turn* Let go the Ps, quickly make a  $\frac{1}{2}$   
*—Right.* TR of body, replacing LH on NP and  
 RH on CP and the position of "Side  
 Seat on R thigh" is reached facing "off  
 side."

*Both Legs* Squat R leg backward and L leg  
*—Squat.* forward over the S simultaneously,  
 without allowing the feet to touch the  
 S.

*Repeat.* Squat L leg back and R leg forward.

*Ground.* Squat L leg forward to "Half Lever"  
 and push to Ground.

*Attention.* As before.

Squatting one leg forward and the other backward  
 simultaneously is sometimes called the "Knife and  
 Fork."

*9 and 10.—Squatting over Saddle to Front Rest,*  
*Lifting to Front Lever, and Pushing Off Back with*  
*½ Turn Right before Alighting. 5 movements.*

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Front—Rest.* Squat both legs back over S, between  
 arms, without allowing the feet to touch  
 the S.

*Ground.* Lean well forward, throwing legs up  
 to "Front Lever" (Fig. 13), sharply turn  
 head and Shs a  $\frac{1}{2}$  TR, and alight.

Care must be taken to keep the legs  
 straight and make both thighs leave the  
 horse at the same time.

*Attention.* As before.

This exercise is not easy to do well.

11 and 12.—*Squat Vault over Saddle. 4 movements.*

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Vault.* Squat both legs back over S to ground.

*Attention.* As before.

13 and 14.—*Squat Vault over Saddle with a  $\frac{1}{4}$  Turn Right before Alighting. 4 movements.*

*Ready.* As in Exercise 1.

*Back—Rest.* As in Exercise 1.

*Vault.* Squat both legs back over S. Directly the feet have cleared the S, push hard from the RH, let go the NP, and alight with LSh opposite CP, LH retaining its hold of the CP.

*Attention.* As before.

15 and 16.—*Squat Vault over Saddle with a  $\frac{1}{2}$  Turn Right before Alighting. 4 movements.*

As in Exercise 13, except a  $\frac{1}{2}$  TR is made and both Hs let go Ps, first R then L, alighting as in Fig. 4a.

“Ready, Back—Rest, Vault, Attention.”

## B.—BACK SQUATS FROM GROUND.

These exercises are easier and best learned “with a run.”

17 and 18.—*With Run, Squat Vault over Saddle. 3 movements.*

*Ready.* Stand at Attention facing S, five yards from horse.



*Vault.* Run, place LH on CP, spring, and with a sharp  $\frac{1}{2}$  TR Squat V over S, placing RH on NP when alighting. The L arm must bear entire weight of body, the RH does not touch the horse until the feet reach the ground at "off side."

*Attention.* As before.

Fig. 36 shows the Back Squat V with RH on NP.

19 and 20.—*With Run, and Left Hand on Croup Pommel, Back Squat Vault over Saddle with  $\frac{1}{4}$  Turn Right before Alighting. 3 movements.*

*Ready.* As in Exercise 17.

*Vault.* As in Exercise 17, but directly feet have cleared the S, force the head and Shs back another  $\frac{1}{4}$  TR and alight with LSh opposite CP, LH retains the CP all the time, but the RH does not touch the horse at all.

*Attention.* As before.

21 and 22.—*With Run, and Left Hand on Croup Pommel, Back Squat Vault over Saddle with  $\frac{1}{2}$  Turn Right before Alighting. 3 movements.*

*Ready.* As in Exercise 17.

*Vault.* As in Exercise 19, but add another  $\frac{1}{4}$  TR before alighting. The body thus describes a complete TR after leaving the board before reaching the Ground. Finish in position of Fig. 4a.

*Attention.* As before.

## GROUP X.—SHEEP VAULT MOVEMENTS.

## TWO EXERCISES.

A Sheep Vault is best thought of as a hollow back Knee Spring without swing of arms. It should first be practised "with a run."

1 —*Kneeling on Saddle and Dismounting in Sheep Vault Swing.* 4 movements.

*Ready.*

Place Hs on Ps.



FIG. 37.—SHEEP VAULT OVER SADDLE.



FIG. 38.—STRADDLE MOUNT.

*On Saddle*  
*—Kneel.*

Spring and kneel with both knees on S.

*Ground.*

Very sharply hollow the back, straightening the thighs on the legs

and pressing very quickly from the Hs, which instantly leave the Ps, jump down forward. (Fig. 4a.) The arms must not swing forward and the legs must be bent at R angles to the thighs and so kept until the ground is almost reached.

*Attention.* As before.

2.—*Sheep Vault over Saddle. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 1, but clear the S.  
(Fig. 37.)

*Attention.* As before.

It is slightly easier to practise this exercise without pommels.

## GROUP XI.—STRADDLE VAULT MOVEMENTS.

### FIVE EXERCISES.

This Group is not recommended to girls and women.

1.—*Jumping in Straddle Swing. 4 movements.*

*Ready.* Place Hs on Ps.

*Straddle—* Spring to "Free Front Rest" and as  
*Swing.* the arms are straightening, open legs, kept straight, sideways, and as high as possible, L leg above N, R leg above C, and return to ground.

*Repeat.* Repeat movement.

*Attention.* As before.

2.—*Straddle Mount. 4 movements.*

- Ready.* As in Exercise 1.
- Mount.* Spring, and just as the arms are straightening, press sharply from the Hs, let go, and come to a stand with the L leg on N, R leg on C, the arms swinging sideways and upwards until the Hs meet above the head, palms front. (Fig. 38.)
- Dismount.* Jump forward to ground, the arms swinging sideways down and reaching legs as feet reach ground.
- Attention.* As before.

3.—*Straddle Vault over Saddle. 3 movements.*

- Ready.* As in Exercise 1.
- Vault.* As in Exercise 2, but clear the horse ; keep the head and Shs preceding the legs and only raise the arms sideways as high as the Shs, palms down. (Fig. 39 shows position just as the hands have let go the Ps and before the arms have been raised sideways.) Alight as in Fig. 4a.
- Attention.* As before.

4.—*Straddle Vault to Side Seat. 4 movements.*

- Ready.* As in Exercise 1.
- To Side Seat—Vault.* As in Exercise 3, but directly legs have passed clear over the horse, close them, replace Hs on Ps, and sit on S in "Side Seat."
- Ground.* Push off forward to ground.
- Attention.* As before.

5.—*Straddle Vault to Half Lever.* 4 movements.

*Ready.* As in Exercise 1.

*To Half Lever—* As in Exercise 4, but to “Half  
*Vault.* Rigidly straighten arms directly Hs are replaced  
on Ps, and force head and Shs back.



FIG. 39.—STRADDLE VAULT  
OVER SADDLE.



FIG. 40.—THIEF JUMP FROM LEFT FOOT  
TO STAND ON RIGHT FOOT.

*Ground.* As before.

*Attention.* As before.

This exercise is not easy to do well. Exercises 2 to 5 look very effective when done “with a run.”

## GROUP XII.—THIEF VAULT MOVEMENTS.

### SIXTEEN EXERCISES.

The essential characteristics of a Thief Vault Movement are :—

- (a) The movement must start “with a run.”
- (b) The Beating Board must be away from the horse, three feet or more.
- (c) The spring from the Board is made from one foot only.
- (d) The leg or legs must pass or “steal” over the horse before the hands come in contact with the horse, hence the name “thief.”
- (e) In most movements the hands leave the horse almost as soon as on.

Odd exercises start with spring from the L foot, even exercises from R foot.

1 and 2.—*Thief Jump from Left Foot to Squat on Saddle and Alight Forward. 4 movements.*

*Ready.* Stand in position for a run.

*On Saddle —Squat.* Spring from L foot and squat both feet on S, the Hs are placed on Ps *after* the feet are on the S.

*Ground.* Push to “Half Lever” and alight.

*Attention.* As before.

3 and 4.—*Thief Jump from Left Foot to Stand on Right Foot on Saddle, and Alight Forward. 4 movements.*

*Ready.* As in Exercise 1.

*On Right Foot—Stand.* Spring from L foot to standing position on R foot on S, both Ks straight, L foot hanging free of horse, toe pointed to Ground. Hands do not touch horse. (Fig. 40, p. 67.)

*Ground.* Swing L leg forward over S, without touching, and alight.

*Attention.* As before.

*5 and 6.—Thief Jump from Left Foot to Stand on Saddle with Both Feet, and Alight Forward.*

*4 movements.*

*Ready.* As in Exercise 1.

*On Both Feet—Stand.* As in Exercise 3, to "Stand" on both feet. Hs do not touch horse.

*Ground.* Jump forward, swinging arms forward until horizontally in line with Shs, palms down, and alight.

*Attention.* As before.

*7 and 8.—Thief Jump from Left Foot to Side Seat on Saddle on Right Thigh, and Squat Left Foot Forward to Ground. 4 movements.*

*Ready.* As in Exercise 1.

*On Right Thigh, Side—Seat.* Spring, pass R leg over S to "Side Seat," placing Hs on Ps after Seat is taken.

*Ground.* Squat L leg forward over S and push off to Ground.

*Attention.* As before.



9 and 10.—*Thief Jump from Left Foot to Side Seat on Saddle, and Alight Forward.* 4 movements.

As in Exercise 7, but both legs pass over S.

“Ready, Side—Seat, Ground, Attention.”

11 and 12.—*Thief Vault from Left Foot.*  
3 movements.

As in Exercise 9, but clear the S; the Hs just momentarily press the Ps after the body has passed over the S. (Similar to Fig. 41, but from L foot instead of R.)

“Ready, Vault, Attention.”



FIG. 41.—THIEF VAULT OVER SADDLE FROM RIGHT FOOT.



FIG. 42.—FENCING VAULT OVER NECK.

13 and 14.—*Thief Vault to Half Lever.*  
4 movements.

“Ready, To Half Lever — Vault, Ground, Attention.”



15 and 16.—*Thief Vault with  $\frac{1}{4}$  Turn Left before Alighting. 3 movements.*

“Ready, Vault, Attention.”

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## GROUP XIII.—FENCING VAULT MOVEMENTS.

### FOURTEEN EXERCISES.

The essential characteristics of Fencing Vault Movements are :—

- (a) The Beating Board must be close to the horse as with all the other Vaults, except Thief Vaults.
- (b) One hand only is used.
- (c) The spring from board is from one foot only, the outside foot, *i.e.*, the one furthest from the horse.

1 and 2.—*Fencing Jump to Riding Seat on Croup, Dismounting in Rear Vault Swing. 4 movements.*

*Ready.* Stand with L side opposite N and about two yards away from the horse.

*On Croup—Mount.* Starting from the R foot, run obliquely towards the C, R, L, R, and as the R foot meets the ground the second time, spring from it, seize the CP with the LH in underhold, *i.e.*, back of H toward S, pass the L leg over the C, and sit in “Riding Seat” on C, facing outwards, bringing the RH on to CP as the Seat is taken.

*Dismount.* Press from the Hs, throw legs up to "Half Lever," straighten arms, let go with LH, and alight at "off side," RSh opposite CP, RH retaining CP.

*Attention.* As before.

3 and 4.—*Fencing Vault over Croup. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 1, but clear the C, the R leg must catch up the L leg to a "Half Lever" position while moving over C. Alight at "off side," replacing RH on C. (Similar to Fig. 42, but over C, p. 70.)

*Attention.* As before.

5 and 6.—*Fencing Vault over Croup, with  $\frac{1}{4}$  Turn Left before Alighting. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 3. Directly LH has let go the CP force the head and Shs back a  $\frac{1}{4}$  TL and alight with back opposite C. (Similar to Fig. 4a, but body opposite C.)

*Attention.* As before.

7 and 8.—*Fencing Vault over Croup, with  $\frac{1}{2}$  Turn Left before Alighting. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 5, but lean well back over LH as the spring is made, very quickly turn a  $\frac{1}{2}$  TL, hollow the back, and alight, with LSh opposite CP. LH retains hold of CP. Keep the L thumb

next to first finger, and not around the P, and the palm of the H will travel freely over the P without the thumb being caught.

*Attention.* As before.

9 and 10.—*Fencing Vault over Croup, with  $\frac{3}{4}$  Turn Left to Side Stand opposite Saddle on Off Side. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 7, but add another  $\frac{1}{4}$  TL and place RH on NP when alighting.

11 and 12.—*Fencing Vault over Croup, with  $\frac{3}{4}$  Turn Left to Front Rest in Saddle, Dismounting in Flank Vault Swing Right. 4 movements.*

*Ready.* As in Exercise 1.

*Front—Rest.* As in Exercise 7, but keep L thigh close to CP, and, without touching the ground with the feet, roll round the thigh and come at once to "Front Rest." Keep L thumb next to first finger until the "Rest" is reached.

*Flank—Vault.* Execute a Flank V right over S to board.

*Attention.* As before.

13 and 14.—*Fencing Vault over Croup with  $\frac{4}{4}$  or complete Turn Left to Riding Seat in Saddle facing Croup, Dismounting in Front Vault Swing. 4 movements.*

*Ready.* As in Exercise 1.

*Riding—Seat.* As in Exercise 11, but keep R leg and R arm raised, and roll round or screw forward to “Riding Seat” on S facing C. (Fig. 43 shows this movement on to N instead of S.)

*Dismount.* Swing legs up backward to “Front Lever” and alight on board, LSh opposite CP, LH retaining P.

*Attention.* As before.



FIG. 43.—FORWARD SCREW ON TO NECK.



FIG. 44.—FEINT LEFT.

These exercises are, of course, more difficult when done from a Cross-Stand. The explanation of how to start them is here explained.

On “Ready” the CP is grasped with the LH in underhold, as in Exercise 1, and the Cross-Stand is taken at a comfortable arm’s length distance from the P. The R leg is placed one foot length behind the L leg, both feet flat with the weight of the body more over the R leg than the L.

On "Mount" or "Vault," quickly advance the R foot an ordinary step beyond the L and spring from it.

All the other movements will be as already described.

## GROUP XIV.—EXERCISES IN PAIRS.

### TWENTY-EIGHT EXERCISES.

When the exercises of the preceding groups have been mastered a pleasing effect and variety can be obtained by the members of a class working in pairs, odd numbers over Neck, even numbers over Croup, and then reversing.

The titles of the exercises and words of command will afford sufficient explanation, although references to the group and exercises will also be given.

1.—*Seat Circles. 6 movements. See Group I., Exercises 11 and 12.*

"Ready, Side-Seat, Prepare, Circle, Ground, Attention."

2.—*Seat Circles, with Clapping of Hands. 6 movements. Group I., Exercises 13 and 14.*

"Ready, Side-Seat, Prepare, Circle and—Clap, Ground, Attention."

3.—*Knee Springs from One Knee. 6 movements. Group II., Exercise 15.*

"Ready, Inside Kneec—Kneel (the inside K is the one nearest the P when standing opposite N and C).

Outside Leg — Circle, Hands — Behind, Spring, Attention."

4.—*Knee Springs from Both Knees. 5 movements.*  
*Group II., Exercise 17.*

"Ready, Both Knees — Kneel, Hands — Behind, Spring, Attention."

5.—*Squatting Stands and Alighting Forward. 5 movements.* *Group III., Exercise 2.*

"Ready, Both Feet—Squat, Stand (pupils grasp each other's inner Hs, outer Hs remain on Hips), Ground, Attention."

6.—*Squatting on Outside Foot with Forward Extension of Inside Leg and Alighting Forward. 4 movements.* *Group III., Exercises 5 and 6.*

"Ready, Outside Foot Squat and Inside Leg—Extend, Ground. (Thrust the squatting leg forward to join the inside leg in "half lever," and push to ground). Attention."

7.—*Squatting Outside Leg to Side Seat and Inside Leg to Ground. 4 movements.* *Group III., Exercises 7 and 8.*

"Ready, Outside Leg — Squat, Inside Leg — Ground, Attention."

8.—*Squat Vaults. 3 movements.* *Group III., Exercise 11.*

"Ready, Vault, Attention."

9.—*Squat Vaults with  $\frac{1}{4}$  Turn Inwards before Alighting. 3 movements. Group III., Exercises 13 and 14.*

“Ready, With  $\frac{1}{4}$  Turn Inwards—Vault (pupils alight facing each other). Attention.”

10.—*Wolf Vaults. 3 movements. Group IV., Exercises 11 and 12.*

“Ready, Vault (inside K Squats), Attention.”

11.—*Rear Mounts and Straddle Off. 4 movements. Group VII., Exercises 7 and 8.*

“Ready, Mount, Dismount, Attention.”

12.—*Rear Vaults. 3 movements. Group VII., Exercises 9 and 10.*

“Ready, Vault, Attention.”

13.—*Rear Vaults with  $\frac{1}{4}$  Turn Inwards before Alighting. 3 movements. Group VII., Exercises 15 and 16.*

“Ready, With  $\frac{1}{4}$  Turn Inwards—Vault, Attention.”

14.—*Quick Squat Vaults. 3 movements. Group III., Exercise 42.*

“Ready (for a run), Quick—Vault (Hs are not placed on Ps), Attention.”

These are the principal exercises worked in pairs, but other combinations will readily suggest themselves to the teacher.

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## GROUP XV.—CIRCLING MOVEMENTS.

## FOURTEEN EXERCISES.

The essential characteristics of a Circling Movement are :—

- (a) The circling leg or legs, with the toes kept pointed, must be rigidly straight, and be kept from touching the horse while executing a circle or part of a circle.
- (b) The shoulders must be kept square to the front throughout the movement.
- (c) The weight of the body must be transferred from one hand to the other and back again as soon as possible after the leg has passed under the hand.

Circles may be done forward or backward. In this book only forward movements will be dealt with.

1 and 2.—*From Ground,  $\frac{1}{2}$  Circle Right with Left Leg, Return to Rest, Repeat  $\frac{1}{2}$  Circle, Return to Board and Knee Spring. 9 movements.*

*Ready.*                      Place Hs on Ps.

*Left Leg,  $\frac{1}{2}$  Right—Circle.*              Spring from Ground, lift the LH, pass the L leg over the NP, replace the LH, and come to "Side Rest" with the L leg forward. Keep the weight well over the RH when the LH is lifted.

(The difference between a "Side Rest" and a "Side Seat on one thigh" is that the Seat must not touch the horse, and both arms must be straight).

*Left Leg,  $\frac{1}{2}$  Left—Circle.*              Pass the L leg back over the NP to "Front Rest."



<i>Left Leg, ½</i>	As before.
<i>Right—</i>	
<i>Circle.</i>	
<i>Ground.</i>	Return L leg over N to board.
<i>Both Knees</i>	Kneel with both Ks on S.
<i>—Kneel.</i>	
<i>Hands—</i>	See Figs. 14 and 15, <i>Group II.</i>
<i>Behind.</i>	<i>Exercises 15 and 16.</i>
<i>Spring.</i>	As in Group II., Exercise 16.
<i>Attention.</i>	As before.

3 and 4.—*From Ground, ½ Left Circle with Left Leg, Return to Rest, Repeat ½ Circle, Return to Board and Squat Vault over Saddle. 7 movements.*

Similar to Exercise 1, but L leg passes between R leg and horse, under the RH and over the CP.

“Ready; Left Leg, ½ Left—Circle; Left Leg ½ Right—Circle; Left Leg, ½ Left—Circle; Ground; Squat—Vault; Attention.”

5 and 6.—*From Ground, Right Circle with Left Leg to Rest, Right Circle to Board and Squat Vault over Saddle with ½ Turn Left before alighting. 5 movements.*

<i>Ready.</i>	As in Exercise 1.
<i>Left Leg,</i>	Spring from Ground, pass the L leg
<i>Right—</i>	under the L and R Hs and R leg to
<i>Circle.</i>	“Rest,” i.e., L leg passes over N, S, and C without touching the horse until the “Rest” is reached. Try to lift one hand after the other in strict time.
<i>Ground.</i>	Repeat the Circle, but after L leg passes under R leg drop to board.

*With  $\frac{1}{2}$  Turn Left*      Squat V over S with  $\frac{1}{2}$  TL before alighting, replacing Hs on Ps.  
*Squat—*  
*Vault.*

*Attention.*      As before.

*7 and 8.—From Ground, Left Circle with Left Leg to Rest, Left Circle to Board, and Straddle Vault. 5 movements.*

Similar to Exercise 5, but L leg passes over C, S, and N.

“Ready; Left Leg, Left—Circle; Ground; Straddle Vault; Attention.”

Girls should substitute the Wolf Vault Left for the Straddle Vault.

*9 and 10.—From Ground or Rest,  $\frac{1}{2}$  Circle Right with Left Leg to Riding Seat in Saddle facing Croup, Dismounting to Off Side in Front Vault Swing. 4 movements.*

*Ready.*      As in Exercise 1.

*Riding—*      Spring, pass L leg over N, transfer  
*Seat.*      LH to CP, and with a quick  $\frac{1}{4}$  TR of body come to “Riding Seat” in Saddle facing Croup. (Fig. 27 reversed, p. 48.)

*Dismount.*      Swing legs up backward to “Front Lever” and alight at “off side,” RSh opposite CP, RH on CP.

*Attention.*      As before.

11 and 12.—*From Ground or Rest,  $\frac{1}{2}$  Circle Right with Left Leg, and with  $\frac{1}{2}$  Turn Right of Body come to Side Seat in Saddle on Right Thigh, Dismounting in Flank Vault Swing. 4 movements.*

*Ready.* As in Exercise 1.

*On Right Thigh, Side —Seat.* As in Exercise 9, but directly the LH touches the CP let go the RH, make a quick  $\frac{1}{2}$  TR of body and come to "Side Seat on R thigh" facing board; the RH is replaced on the NP as the Seat is taken.

*Dismount.* Make a  $\frac{1}{2}$  circle R with L leg to board, *i.e.*, L leg passes over C, without replacing LH. (Similar to Exercise 9, Group V.)

*Attention.* As before.

13 and 14.—*From Ground or Rest,  $\frac{1}{2}$  Circle Left with Left Leg, and with  $\frac{1}{2}$  Turn Right of Body come to Side Seat in Saddle on Right Thigh, Dismounting with Flank Vault Swing Backwards. 4 movements.*

*Ready.* As in Exercise 1.

*On Right Thigh, Side —Seat.* Make a  $\frac{1}{2}$  circle L with L leg, *i.e.*, L leg passes under R leg and RH, and directly the RH lets go the CP for the L leg to pass, make a quick  $\frac{1}{2}$  TR of body and drop into "Side Seat on R thigh," facing board, the LH coming on to CP and the RH on to NP as the Seat is taken.

*Dismount.* Make a  $\frac{1}{2}$  circle R of R leg to Ground at "off side," *i.e.*, R leg passes over N. The RH is replaced on the NP.

*Attention.* As before.

## GROUP XVI.—FEINTS.

## TWENTY EXERCISES.

The essential characteristic of a Feint is :—

- (a) The leg describes  $\frac{3}{4}$  of a circle around the corresponding arm and recovers.
- (b) The body makes a  $\frac{1}{4}$  turn and recovers.
- (c) The object of a Feint is to secure a swing.

Feints are Single or Double, according to whether one or both legs are used. In this book Feints with one leg only will be dealt with.

1 and 2.—*From Rest, Feint Left Twice, Wolf Mount Right, and Alight Forward.* 8 movements.

*Ready.* Place Hs on Ps.

*Rest.* Spring to "Front Rest."

*Left—Feint.* Make a  $\frac{3}{4}$  circle R of L leg around L arm, at same time make a  $\frac{1}{4}$  TR of body. Keep L leg straight and horizontal, with toes pointed downward. Weight of body is borne by L wrist. (Fig. 44, p. 74.)

*Recover.* Return to "Front Rest."

*Left—Feint.* As before.

*Wolf—Mount.* Directly L leg has passed over N in the recovery, bring L foot on to S, at the same time placing R foot on C in the position of a Wolf Mount Right. See Exercise 6, Group IV.

*Dismount.* Release RH from CP and push forward to Ground.

*Attention.* As before.

3 and 4.—*From Rest, Feint Left, Feint Right, Wolf Vault Left. 6 movements.*

*Ready.* As in Exercise 1.

*Rest.* As in Exercise 1.

*Left—Feint.* As in Exercise 1.

*Right—Feint.* When L leg touches R leg on the recovery, continue without pause to the "Feint R."

*Wolf—Vault.* Return R leg over C and without pause Wolf Vault L. Lean well to the R directly the R leg has passed over the C in recovering.

*Attention.* As before.

5 and 6.—*From Rest, Feint Left, Return and Flank Vault Swing to Side Seat in Saddle, Alight Forward. 6 movements.*

*Ready.* As in Exercise 1.

*Rest.* As in Exercise 1.

*Left—Feint.* As in Exercise 1.

*Side—Seat.* Recover L leg, and without pause pass both legs over C and under RH to "Side Seat" in S.

*Dismount.* Push forward to Ground.

*Attention.* As before.

7 and 8.—*From Rest, Feint Left, Front Mount to Riding Seat in Saddle, Dismount in Front Vault Swing. 6 movements.*

"Ready, Rest, Left—Feint." As in Exercise 1.

*Front—Mount.* After the Recover, pass the R leg over C without pause, and with a quick

$\frac{1}{4}$  TL of body come to "Riding Seat" in S, facing N, the RH coming on to NP as Seat is taken.

*Dismount.* Swing legs up to "Front Lever" and alight at "off side," LSh opposite NP, LH on NP.

*Attention.* As before.

9 and 10.—*From Rest, Feint Left, Rear Mount to Riding Seat in Saddle, Dismount in Rear Vault Swing. 6 movements.*

"Ready, Rest, Left—Feint." As in Exercise 1.

*Rear—Mount.* After the recover, pass the L leg over C and with  $\frac{1}{4}$  TR of body come to "Riding Seat" in S, facing C, the LH being placed on NP as Seat is taken.

*Dismount.* Swing legs up to " $\frac{1}{2}$  Lever" and alight at "off side," RSh opposite NP, RH on NP.

*Attention.* As before.

11 and 12.—*From Rest, Feint Left, Screw Mount to Riding Seat in Saddle, Dismount in Rear Vault Swing with a  $\frac{1}{4}$  Turn Right before Alighting. 5 movements.*

"Ready, Rest, Left—Feint." As in Exercise 1.

*Screw—Mount.* As the L leg passes over the N in the recover, transfer the RH to the NP, and keeping the R thigh close to the NP, continue the swing of the L leg over the C, make a  $\frac{1}{2}$  TL of the body, and come to "Riding Seat" in S facing C, the LH coming again on to the NP to the L of the RH as the Seat is taken.

*Dismount.* Swing legs up to " $\frac{1}{2}$  Lever," push sharply from the RH, make a  $\frac{1}{4}$  TR with the body, and alight at "off side" facing the S, the LH being replaced on CP.

*Attention.* As before.

13 and 14.—*From Rest, Feint Left, and Flank Vault Right. 5 movements.*

Similar to Exercise 5, but instead of coming to "Side Seat," keep weight entirely on LH and clear the horse. The legs must be closed and straight during the Vault.

"Ready, Rest, Left — Feint, Flank — Vault, Attention."

15 and 16.—*From Rest, Feint Left, and Front Vault Right. 5 movements.*

Similar to Exercise 7, but clear the horse. Turn head and Shs very sharply to the L during the V and alight opposite NP.

"Ready, Rest, Left — Feint, Front — Vault, Attention."

17 and 18.—*From Rest, Feint Left, and Rear Vault Right. 5 movements.*

Similar to Exercise 9, but clear the horse. Alight opposite S, replacing RH on CP.

"Ready, Rest, Left — Feint, Rear — Vault, Attention."

19 and 20.—*From Rest, Feint Left, and Screw Vault Right. 5 movements.*

Similar to Exercise 11, but as soon as RH comes on to NP turn head and Shs sharply a  $\frac{1}{2}$  TL and alight opposite NP. Lean well over N during Vault.

“Ready, Rest, Left — Feint, Screw — Vault, Attention.”

All the exercises in this group may be started from Ground, but the Feint is not so likely to be well done.

## GROUP XVII.—SHEAR MOVEMENTS.

### SIXTEEN EXERCISES.

The essential characteristic of a Shear Movement is :—

(a) The legs must cross each other when in a Lever or  $\frac{1}{2}$  Lever to the opposite side from which they start.

(b) The body makes a  $\frac{1}{2}$  turn.

Shears may be done from a Cross or a Side position. In this book Shears from a Cross position only will be dealt with.

Shears may be done Backward or Forward.

In all Shears Backward the front of the body must be toward the horse at starting and the back of the body on completion. The reverse is the case with Shears Forward.

In all Shears Left, whether Backward or Forward, the Left Shoulder must turn backward and the body make a  $\frac{1}{2}$  Turn Left. The reverse is the case with Shears Right.

1 and 2.—*From Ground, Front Lever, Front Mount to Riding Seat on Neck, Dismount to Board. 5 movements.*

*Ready.* Place Hs on Ps.

*Front—Lever.* Spring, throwing the legs up backward as high as possible to indicate “Front Lever.” As the legs approach



the horizontal position lean body forward and stiffen the arms. Try to hold the position a second or two, then return to a  $\frac{1}{2}$  K bend on board.

*Front—Mount.* Spring and come to "Riding Seat" on N facing S. The RH releases the CP and hangs down by R side.

*Dismount.* Throwing the weight forward, regasp the CP with RH, swing legs up to "Front Lever," make a  $\frac{1}{4}$  TL, and alight on board facing S.

*Attention.* As before.

3 and 4.—*From Ground, Front Lever, Front Mount to Riding Seat on Neck, Swing to Front Lever Three Times, and Push Off Backwards. 7 movements.*

"Ready, Front—Lever, Front—Mount." As in Exercise 1.

*Front—Lever.* Swing up to "Front Lever," clapping feet as the horizontal position is reached, re-open the legs and return to "Riding Seat."

*Repeat.* Repeat "Front Lever."

*Dismount.* Swing up to "Front Lever"; directly the feet clap push sharply from the Hs and alight in "Cross Stand" facing N. The Hs let go the NP and come to the end of the N as the Stand is reached.

*Attention.* As before.

5 and 6.—*Front Lever, Front Mount to Riding Seat on Neck, Shears Backward Left, Straddle Off Forward. 6 movements.*

"Ready, Front—Lever, Front—Mount." As in Exercise 1.

*Backward Left—Shears.* Swing to "Front Lever," and as horizontal position is reached, cross L leg above R, release NP with LH, make a sharp  $\frac{1}{2}$  TL of body, and come to "Riding Seat" on N facing outwards, LH being replaced on NP as Seat is taken.

*Dismount.* Bring Hs forward to end of N and Straddle to ground.

*Attention.* As before.

*7 and 8.—Front Lever, Front Mount to Riding Seat on Neck, Shears Backward Left Twice, Dismount in Front Vault Swing. 7 movements.*

"Ready, Front—Lever, Front—Mount, Backward Left—Shears." As in Exercise 1.

*Repeat.* Bring Hs forward on to N, swing and again Shears Left, coming to "Riding Seat" facing S. Place Hs on NP as Seat is taken.

*Dismount.* Swing to "Front Lever" and alight at "off side," RSh opposite NP, RH on P.

*Attention.* As before.

*9 and 10.—Front Lever, Rear Mount to Riding Seat on Neck, Straddle Off Forward, with  $\frac{1}{4}$  Turn Right before Alighting. 6 movements.*

"Ready, Front—Lever." As in Exercise 1.

*Rear—Mount.* Spring, push sharply from the RH, and come to "Riding Seat" on N facing outwards, both Hs being placed on NP as the Seat is taken.

*Dismount.* Bring Hs to end of N and Straddle Off with a  $\frac{1}{4}$  TR before alighting. The RH is replaced on N.

*Attention.* As before.

11 and 12.—*Front Lever, Rear Mount to Riding Seat on Neck, Swing to  $\frac{1}{2}$  Lever Three Times, Dismount to Board with a  $\frac{1}{4}$  Turn Right before Alighting. 7 movements.*

“Ready, Front—Lever, Rear—Mount.” As in Exercise 9.

*Half—Lever.* Keeping Hs on NP with back of Hs towards the S, swing legs up forward to “ $\frac{1}{2}$  Lever,” clapping the feet together when the legs are horizontal, re-open legs and return to “Riding Seat.”

*Repeat.* Swing to “ $\frac{1}{2}$  Lever” again and recover.

*Dismount.* Swing to “ $\frac{1}{2}$  Lever,” push strongly from RH, make a quick  $\frac{1}{4}$  TR, and alight in “Side Stand” on board, the LH being replaced on N.

*Attention.* As before.

13 and 14.—*Front Lever, Rear Mount to Riding Seat on Neck, Shears Forward Left, Dismount in Front Vault Swing with a  $\frac{1}{4}$  Turn Left. 6 movements.*

“Ready, Front — Lever, Rear — Mount.” As in Exercise 9.

*Forward Left—Shears.* Swing to “ $\frac{1}{2}$  Lever,” cross L leg under R, release RH from NP, make a quick  $\frac{1}{2}$  TL, and come to “Riding Seat” on N facing S, RH being replaced on NP as the Seat is taken.

*Dismount.* Swing to "Front Lever," push strongly from RH, and with a  $\frac{1}{4}$  TL alight at "off side."

*Attention.* As before.

15 and 16.—*Front Lever, Rear Mount to Riding Seat on Neck, Shears Forward Left Twice, Dismount in Rear Vault Swing, with a  $\frac{1}{4}$  Turn Left before Alighting. 7 movements.*

"Ready, Front—Lever, Rear—Mount, Forward Left—Shears." As in Exercise 13.

*Repeat.* Bring Hs back on to N and repeat the Shears, Hs coming on to NP as the Seat is taken.

*Dismount.* Swing to " $\frac{1}{2}$  Lever," press strongly from the LH, make a quick  $\frac{1}{4}$  TL, and alight at "off side" facing N, RH being replaced on N.

*Attention.* As before.



## PART II.

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### LONG HORSE, OR HORSE PLACED LENGTHWAYS.

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When the horse is placed lengthways the Beating Board is generally placed at the Croup end of the Horse and the Pommels removed. It will be considered to be so placed for all the exercises of the following Groups.

#### GROUP I.—KNEELING MOVEMENTS.

##### EIGHT EXERCISES.

1 and 2.—*Front Lever on Croup on Left Knee, Drop to Riding Seat, Recover and Alight on Board.* 6 movements.

*Ready.* Place Hs on C, palms flat, fingers pointing towards Ground on each side of horse.

*Left Knee—Kneel.* Spring and kneel on LK, in “Front Lever.” (Similar to Fig. 12, p. 19.)

*Riding—Seat.* Bearing weight on Hs, drop to “Riding Seat.”

*Recover.* Bearing weight on Hs, swing R leg straight sharply back, lean head and Shs well forward, and return to “Front Lever on LK.”

*Ground.* Thrust L leg back and alight on board, passing through "Front Lever."

*Attention.* As before.

3 and 4.—*Kneeling with Both Knees on Croup, Drop to Riding Seat, Recover, and Alight.* 6 movements.

*Ready.* As in Exercise 1.

*Both Knees* Spring and kneel on C with both Ks.  
*—Kneel.*

"Riding—Seat, Recover, Ground, Attention." As in Exercise 1.

5 and 6.—*Front Lever on Croup on Left Knee, Drop to Cross Seat at Left Side of Horse, Change to Cross Seat at Right Side, Recover to Front Lever on Left Knee, and Push Back with  $\frac{1}{4}$  Turn Left before Alighting.* 7 movements.

"Ready, Left Knee—Kneel." As in Exercise 3.

*On Right* Drop to "Cross Seat" on R thigh at L  
*Thigh,* side of horse, RK bent, L leg straight.  
*Cross—Seat.*

*Seat—* Swing L leg sharply back, lean  
*Change.* forward, and come to "Cross Seat" on L thigh at R side of horse, LK bent, R leg straight.

*Recover.* As in Exercise 1.

*Ground.* As in Exercise 1, but make a  $\frac{1}{4}$  TL before alighting. RH remains on C.

*Attention.* As before.

*7 and 8.—Kneeling with Both Knees on Croup, Drop to Cross Seat at Left Side of Horse, Change to Cross Seat at Right Side, Recover, and Push Back with  $\frac{1}{2}$  Turn Left before Alighting. 7 movements.*

As in Exercise 5, but make a  $\frac{1}{2}$  TL before alighting. Back of body towards C at finish.

“Ready. On both Knees — Kneel. On Right Thigh, Cross—Seat, Seat—Change, Recover, Ground, Attention.”

## GROUP II.—SQUATTING AND CAT MOVEMENTS.

### NINE EXERCISES.

*1 and 2.—With Run, Squat on Croup with Left Foot and Forward Extension of Right Leg, Change, Recover, Dismount in Front Vault Swing at Left Side of Horse. 6 movements.*

*Ready.* Take position for a run.

*On Left Foot —Squat.* Run, jump off both feet, and squat on C with L foot, extending R leg forward parallel with top of horse.

*Change.* Swing R leg back and squat on it, extending L leg forward.

*Recover.* Return to previous position.

*Ground.* Swing to “Front Lever” and alight at L side of C, RH on C.

*Attention.* As before.

*3 and 4.—Run, Stand on Croup, Jump the Length of the Horse to Ground. 4 movements.*

*Ready.* As in Exercise 1.

- Stand.* Run, jump to squat on C on both feet, and instantly rise to "Stand."
- Ground.* Step L foot forward on to S, and swinging R leg forward clear the N to ground.
- Attention.* As before.

5.—*Run, Stand on Croup, Straddle the Length of the Horse to Ground. 4 movements.*

- Ready.* As in Exercise 1.
- Stand.* As in Exercise 3.
- Ground.* Jump, open the legs, clear the length of the horse and alight.
- Attention.* As before.

At first a step forward may be taken as in Exercise 3, or the jump made from the stand on S.

6.—*Run, Cat Jump to Front Leaning Rest, Straddle Off. 5 movements.*

- Ready.* As in Exercise 1.
- To Saddle—Jump.* Run, jump and bring Hs and feet on to S, Ks outside elbows.
- Front Leaning—Rest.* Jump the Hs forward to end of N, palms flat, fingers over end of N, and hollowing back come to FLR.
- Ground.* Press sharply from Hs and straddle off.
- Attention.* As before.

7 and 8.—*Run, Front Leaning Rest, Straddle Off with  $\frac{1}{4}$  Turn Left before Alighting. 4 movements.*

- Ready.* As in Exercise 1.



*Front Leaning—Rest.* Jump, and passing through the “Cat Mount,” come, without pause, into the “Front Leaning Rest.”

*Ground.* Straddle as in Exercise 6, but directly Hs have let go, very sharply make a  $\frac{1}{4}$  TL and alight, replacing LH on N.

*Attention.* As before.

9.—*Run, Front Leaning Rest, Squat Vault to Ground.*  
4 movements.

*Ready.* As in Exercise 1.

*Front Leaning—Rest.* As in Exercise 7.

*Squat—Vault.* Lean forward, press very sharply from Hs, and squat over N to Ground.

*Attention.* As before.

### GROUP III.—REAR VAULT MOVEMENTS.

#### TWELVE EXERCISES.

In all the odd exercises of this group the legs pass to the left side of the horse first.

1 and 2.—*Cross Seat on Croup at Left Side of Horse, Front Rest, and Alight.* 5 movements.

*Ready.* Take position for a run.

*On Right Thigh, Cross—Seat.* Run, jump, and sit in “Cross Seat” on R thigh at L side of C.

*Front—Rest.* Make a  $\frac{1}{4}$  TR, rolling round R leg, and come to “Front Rest.”

*Ground.* Push back to Ground.

*Attention.* As before.

3 and 4.—*Riding Seat on Croup, Hollow Back, Rock Forward, Dismounting at Right Side of Horse.* 4 movements.

*Ready.* As in Exercise 1.

*Riding—Seat.* Run, jump, carry legs to L, lift LH, pass R leg over horse, and sit down in "Riding Seat" on C. RH remains on C till Seat is taken.

*Rock.* Place Hs flat on thighs and sharply hollow the back, the insides of the thighs only being in contact with the horse and holding the position; then, keeping back still sharply hollowed, rock forward until the chest comes in contact with the horse; as the body begins to rock back quickly place the Hs each side of the horse opposite the chest (Fig. 45), press sharply from the Hs, make a quick  $\frac{1}{4}$  TL, and alight facing R side of H, RH having palm against N, fingers toward Ground.

*Attention.* As before.

5 and 6.—*Rear Leaning Rest, Dismounting at Right Side.* 4 movements.

*Ready.* As in Exercise 1.

*Rear Leaning—Rest.* Run, jump, carry the legs L, and sharply hollowing back, come to "Rear Leaning Rest" by placing heels on N.

*Ground.* Alight at R side by pressing sharply from LH, which remains on C.

*Attention.* As before.

7 and 8.—Rear Vault Swing to Cross Seat on Croup at Right Side of Horse, Dismounting with  $\frac{1}{4}$  Turn Left to Side Stand. 4 movements.

*Ready.* As in Exercise 1.

*On Left Thigh, Cross—Seat.* Run, jump, carry both legs completely over the horse, lifting and replacing LH, and come to "Cross Seat" on L thigh, LK bent, R leg straight, R arm hanging down by R leg.



FIG. 45.—HOLLOW BACK ROCK FORWARD.

*Dismount.* Bring RH over to L side of horse, make a  $\frac{1}{4}$  TL and alight in "Side Stand."

*Attention.* As before.

9 and 10.—*Rear Vault Left. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 7, but clear the horse, alighting at R side. The LH is lifted, the RH lets go, and then the LH is replaced on C. The legs should be in "Half Lever" while passing over the horse.

*Attention.* As before.

11 and 12.—*Rear Vault Left, with  $\frac{1}{4}$  Turn Left before Alighting. 3 movements.*

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 9. Directly legs have passed over the horse, make a sharp  $\frac{1}{4}$  TL and alight in "Side Stand" facing horse, the RH being replaced on horse.

*Attention.* As before.

## GROUP IV.—FLANK VAULT MOVEMENTS.

### TWELVE EXERCISES.

1 and 2.—*Jump to Front Rest at Left Side of Horse. 4 movements.*

*Ready.* Take position for a run.

*Front—Rest.* Run, jump, place Hs on C, and immediately hop them over to the R side of the horse, make a  $\frac{1}{4}$  TR, and come to "Rest" at L side.

*Ground.* Alight in "Side Stand."

*Attention.* As before.

3 and 4.—*Jump to Front Rest at Left Side of Horse with Left Leg Extended Sidewards on Neck, and Alight. 4 movements.*

*Ready.* As in Exercise 1.

*With Left Leg Extended, Front—Rest.* As in Exercise 1, but as the body is coming to “Rest,” quickly swing L leg up and place L foot on N. The L foot and R thigh should come in contact with the horse at the same moment.

*Ground.* Swing L leg to R, and passing through a “Free Rest,” alight in “Side Stand.”

*Attention.* As before.

5 and 6.—*Flank Vault Swing to Side Seat on Left Thigh, Dismounting at Right Side by  $\frac{3}{4}$  Circle Left of Right Leg, i.e., Forward Screw to Ground. 4 movements.*

*Ready.* As in Exercise 1.

*On Left Thigh, Side—Seat.* As in Exercise 3, but instead of resting L foot on N, lift the LH, pass the L leg underneath, and come to “Side Seat on left thigh,” replacing LH to L of L leg.

*Dismount.* Put the weight of the body on the LH, and rolling round the L thigh, make a  $\frac{3}{4}$  circle L of the R leg over the horse, and alight in “Cross Stand” at R side, LH remains on horse.

*Attention.* As before.

7 and 8.—*Flank Vault Swing to Side Seat on Right Thigh, Dismounting in Flank Vault Swing. 4 movements.*

*Ready.* As in Exercise 1.

*On Right Thigh, Side—Seat.* As in Exercise 5, but R leg passes between the L leg and the horse and under the LH, which is replaced.

*Dismount.* Put weight on RH, swing L leg over N, making R leg come up to L, and alight with back to the horse. No Hs. on at finish. (See Side Horse, Group V., Exercise 9.)

*Attention.* As before.

9 and 10.—*Flank Vault Swing to Side Leaning Rest, and Alight Forward.* 4 movements.

*Ready.* As in Exercise 1.

*Side Leaning—Rest.* As the spring is made, lean well back over RH, and making a very quick  $\frac{1}{4}$  TR, place feet on N, R foot further forward than L. (Fig. 25, p. 46.) The RH must be near enough to the end of the C to allow of the fingers coming over the end as the turn is made, the body pivots over the heel or wrist end of the H.

*Ground.* Jump forward, alighting with back to the horse.

*Attention.* As before.

11 and 12.—*Flank Vault Left.* 3 movements.

*Ready.* As in Exercise 1.

*Vault.* As in Exercise 9, but clear the horse. Throw the legs high, lean well over RH, and hollow the back.

*Attention.* As before.

## GROUP V.—FRONT VAULT MOVEMENTS.

## TEN EXERCISES.

1 and 2.—*Front Mount on to Croup, Dismounting to Board. 4 movements.*

*Ready.* Take position for a run.  
*On Croup,* As the spring is made quickly turn  
*Front—* the head and Shs a  $\frac{1}{2}$  TR, carry the L  
*Mount.* leg over the horse (the R leg remains at  
 L side of horse), and bringing the LH  
 to the L of RH come to the "Riding  
 Seat" on C facing board.  
*Dismount.* Straddle off forward to board.  
*Attention.* As before.

3 and 4.—*Front Vault Swing to Front Leaning Rest, Alighting to the Left, i.e., the original Right Side of Horse. 4 movements.*

*Ready.* As in Exercise 1.  
*Front Lean-* As in Exercise 1, but keep legs closed  
*ing—Rest.* and bring toes on to N. (Fig. 22, p. 39.)  
*Ground.* Alight to the L, RH remains on C.  
*Attention.* As before.

5 and 6.—*Front Vault Swing to Cross Seat on Croup on Right Thigh, Dismounting to the Left. 4 movements.*

*Ready.* As in Exercise 1.  
*On Right* As in Exercise 3, but clear the horse  
*Thigh, Cross* and come to "Cross Seat" on C on R  
*—Seat.* thigh; L arm hangs down by L leg,  
 which is straight, RK bent.

*Dismount.* Alight as in Exercise 3.

*Attention.* As before.

7 and 8.—*Front Vault Left. 3 movements.*

As in Exercise 5, but clear the horse to ground.

“Ready, Vault, Attention.”

9 and 10.—*Front Vault Left, with  $\frac{1}{4}$  Turn Right before Alighting. 3 movements.*

As in Exercise 7, but adding the  $\frac{1}{4}$  T and alighting, facing C. Both Hs on C.

“Ready, Vault, Attention.”

## GROUP VI.—SCREW VAULT MOVEMENTS.

### SIX EXERCISES.

1 and 2.—*Cross Rest on Croup on Left Side of Horse and Alight. 4 movements.*

*Ready.* Take position for a run.

*Cross—Rest.* Run, jump, shift the LH well over to the original R side of horse, turn head and Shs back a  $\frac{1}{2}$  TR, and rolling round L thigh come to “Cross Rest” on C facing board. R arm rests along R leg. (Similar to Fig. 33, p. 56, but on C instead of N.)

*Ground.* Alight at L side of horse, LH on C.

*Attention.* As before.



3 and 4.—*Screw Mount to Riding Seat on Croup, Dismounting with Hollow Back Rock Forward, and a  $\frac{1}{4}$  Turn Left before Alighting.* 4 movements.

*Ready.* As in Exercise 1.

*Screw—Mount.* As in Exercise 1, as far as the “Rest,” then make a further  $\frac{1}{2}$  TR of body, carrying R leg over horse, and come to “Riding Seat” on C facing N, the RH is taken off and replaced to the R of the LH after the Seat is taken.

*Rock.* As in Group III., Exercise 3, but just before alighting quickly make a further  $\frac{1}{4}$  TL and come to ground facing board, RH is replaced on N.

*Attention.* As before.

5 and 6.—*Screw Vault Left.* 3 movements.

*Ready.* As in Exercise 1.

*Vault.* As the spring is made place the LH well over to the R side of the horse and keep turning the head and Shs well back for  $\frac{4}{4}$  of a turn or complete circle R. The RH comes off, the LH comes off and is then replaced. There is a second or so when the body is in the air without any support.

*Attention.* As before.

This exercise is difficult. It is not easy to keep the legs closed and keep the back towards the horse in passing over. Put the weight over the LH. Care must be taken not to allow the vault to degenerate into a front vault with a turn.

## PART III.

## COMBINATION EXERCISES.

A group of twenty exercises is here given showing how the previous exercises may be combined.

Descriptive titles and words of command will now be omitted, and the exercises set out according to movements.

Pommels are to be used with all the exercises.

*1 and 2.*

1. From side stand, jump and kneel on S with LK and down again.
2. Kneel on RK and down again.
3. Squat over S with both legs to back rest.
4. Squat L leg back.
5. Squat R leg back, thus returning to front rest.
6. Straddle mount. (Fig. 38, p. 64.)
7. Jump down forward to ground.

*3 and 4.*

1. From side stand, jump to front rest.
2. Squat L leg forward over S.
3.  $\frac{1}{2}$  circle L leg L, *i.e.*, pass L leg under LH and back over N to front rest.
4. Squat R leg over S.
5.  $\frac{1}{2}$  circle R leg R, *i.e.*, pass R leg under RH, back over C to front rest.
6. Squat L leg again forward over S.

7. Squat L leg back and R leg forward, "Knife and Fork."
8. Squat R leg back and L leg forward, "Knife and Fork."
9.  $\frac{1}{2}$  TR of body, changing LH to CP, RH to NP.
10. Squat R leg back over S to front rest on off side.
11. Squat both legs to stand on S, placing Hs on hips.
12. Jump down backwards with  $\frac{1}{2}$  TR, alighting with back towards S.

*5 and 6.*

1. Standing opposite N in cross stand, make an oblique run and fencing mount to riding seat on C, facing outwards; RH comes on to CP after the seat is taken.
2. Shears R forward. Put weight on Hs, throw legs well up, and just as they are reaching the  $\frac{1}{2}$  lever position, let go the LH, turn the head and shs. very quickly a  $\frac{1}{2}$  TR, cross the R leg under the L, and the L over the R, and come again to riding seat on C facing S; the LH is replaced on CP to the L of the RH as the seat is taken. (Part I., Group XVII., Exercise 14.)
3. Dismount in front vault swing to off side, with  $\frac{1}{2}$  TL before alighting. Swing up backwards to a front lever, press sharply from the LH and make a very quick  $\frac{1}{2}$  TL, alighting with R sh. opposite CP, RH remains on P, L arm describes a  $\frac{3}{4}$  circle L, upward and then down to L leg.

*7 and 8.*

1. Stand in cross stand facing N, jump, and as the feet leave the ground pass the L leg between

the end of the N and the R leg and lifting the RH and turning head and shs. a  $\frac{1}{4}$  TR come to side seat on L thigh facing board, the LH grasping NP, back of H towards S, and the RH being replaced on the N to the R of the L thigh as the seat is taken.

2.  $\frac{1}{2}$  circle L leg L to front rest on off side of N, *i.e.*, L leg passes under LH and over S.
3.  $\frac{1}{2}$  circle R leg L and with  $\frac{1}{4}$  TL come to riding seat on N facing S. Let the RH precede the R leg as it circles over the N. Keep weight on L arm, which must be rigidly straight.
4. Dismount to off side in front vault swing with  $\frac{1}{4}$  TL before alighting. The back will be opp. N when feet reach ground.

*9 and 10.*

1. From side stand, jump to rest in S.
2. Feint L leg over N. (Fig. 44, p. 74.)
3. Return L leg, and just as the L leg comes in contact with the R, make a  $\frac{1}{2}$  circle L with R leg over C to side seat in S on R thigh.
4. Screw forward with L leg to riding seat on C facing S, *i.e.*, lift the L leg, and when it is horizontal roll round the R thigh pass the L leg over C, and come to the riding seat; the L arm precedes the L leg and is placed on CP to L of RH as seat is taken.
5. Shears backward R. Swing legs up behind as if for a front lever; just before the position is reached cross R leg above L, L under R, let go RH, make a quick  $\frac{1}{2}$  TR of head and Shs, and come to riding seat on C, facing outwards. (Part I., Group XVII., Exercise 6.)
6. Straddle off forward with  $\frac{1}{4}$  TL before alighting, replacing LH on C.

## 11 and 12.

1. From side stand, jump to front rest on N, *i.e.*, LH on N, RH on NP.
2. Circle L leg L, *i.e.*, pass L leg between R leg and horse over S and over N back to a free rest; do not let leg touch horse after it has passed under the LH.
3. Screw Mount to riding seat in S. Continue the circle of the L leg another  $\frac{3}{4}$  of a circle, at same time letting go LH, making a  $\frac{3}{4}$  TL of body and come to riding seat in S facing C.
4. Place LH on NP, RH on C, lift to a feint L and rear vault R over C, alighting at off side with RH replaced on C.

Start with the weight on the LH, but as the L leg approaches the R lean towards the RH, quicken the swing, lift the R leg to join the L, put the weight back on the LH, and pass the legs over the C in rear vault swing.

Movements 2 and 3 of this exercise are not easy. The L leg must not touch the horse from the time it commences circling until the riding seat is reached.

## 13 and 14.

1. From side stand with LH on N and RH on NP rear mount to riding seat on N facing outwards. The R leg passes over N, the body makes a  $\frac{1}{4}$  TL.
2. Shears L forward. L sh. comes back, L leg passes under R, RH lets go as the  $\frac{1}{2}$  TL is made.
3. Feint L.
4. Return and circle L leg L over CSN.
5. Circle R leg L over CSN.

## 6. Flank Vault R.

The difficulty is just before the R leg passes under the L ready for the flank vault. When properly done, the L leg goes back to allow the R leg to pass, which it should do without touching the horse, and the two legs continue with the vault without pause. Most people will find themselves pausing in the front rest, but practice will master this.

*15 and 16.*

1. From side stand facing S with LH on CP, jump and with  $\frac{1}{2}$  TR come to back rest, placing RH on CP.
2.  $\frac{1}{2}$  circle R leg over N.
3.  $\frac{1}{2}$  circle L leg L over C.
4. Feint R over N.
5. Return and circle R leg R, *i.e.*, under L leg and over CSN.
6. Feint L leg over C.
7. Return and rear mount to riding seat in S facing N. L leg passes under R and over N, body makes a  $\frac{1}{4}$  TR.
8. Place RH on NP, LH on N, and rear vault L over N with a  $\frac{1}{4}$  TL before alighting. RH is replaced on N as feet reach ground.

*17 and 18.*

1. From side stand with both Hs on NP, back of Hs toward S, jump and screw mount to riding seat on N, facing outwards. R leg and body make a  $\frac{3}{4}$  circle R.
2. Shears forward R.  
LH lets go.

3. Feint R.
4. Return and circle R leg R over CSN, thus coming to the front rest at off side.
5.  $\frac{1}{2}$  circle both legs R to back rest at near side. Both legs pass under LH and over C.
6. Squat back both legs over S and with a  $\frac{1}{2}$  TR alight at off side.

*19 and 20.*

1. From side stand jump to rest.
2. Feint L.
3. Return and circle L leg L over CSN.
4.  $\frac{1}{2}$  circle both legs L and without pause make a  $\frac{1}{2}$  circle L with L leg over N and a  $\frac{1}{4}$  TL of body to riding seat in S facing N.
5. Place LH on NP, RH on N, rear vault over N and with a  $\frac{1}{4}$  TR alight on board facing N, LH being replaced on N.







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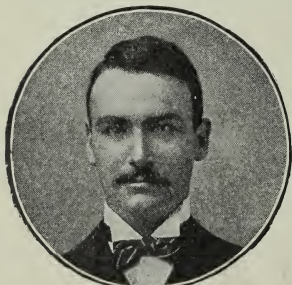
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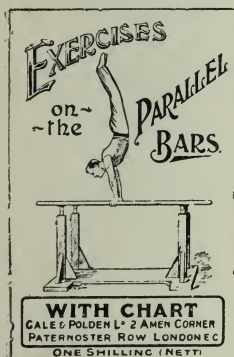
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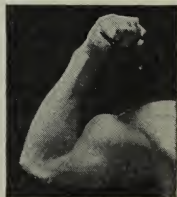
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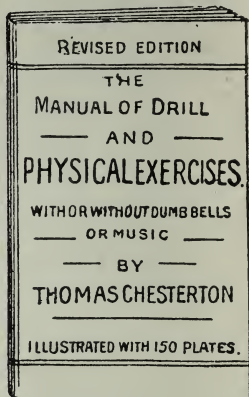
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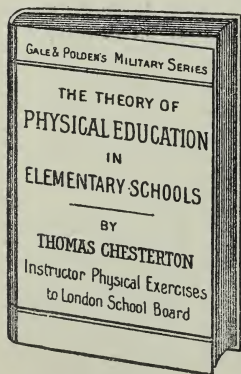
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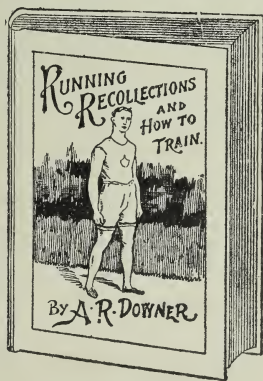
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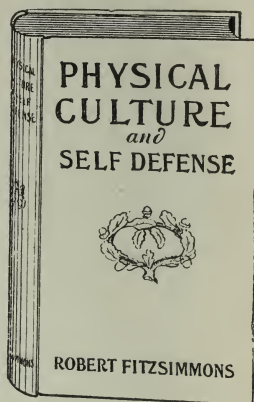
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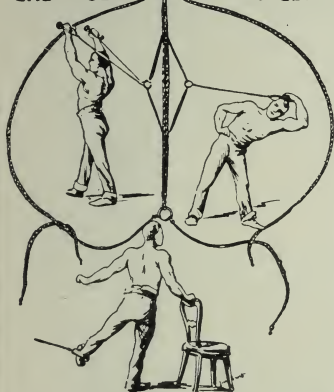
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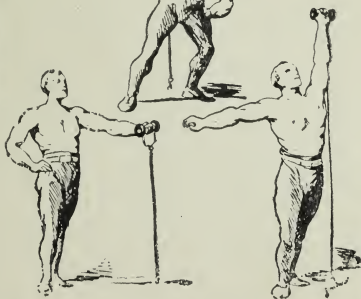
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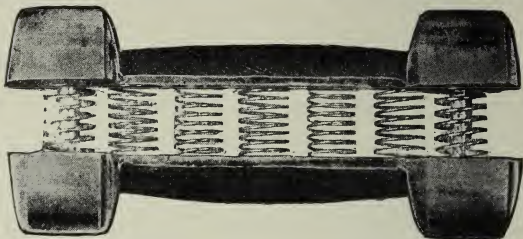
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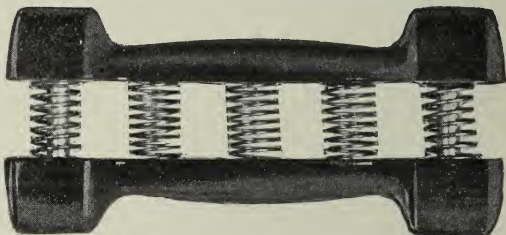
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